

**Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of GF wholemeal toast or GF porridge and berries				
Lunch	Chilli con veggie	Vegan GF Sausage and apple hot pot	Baked sweet potato with home-made baked beans and grated vegan cheese	Hidden vegetable, Italian tomato GF pasta with vegan gf garlic bread	Jamaican rundown (no fish)
Dinner	Vegan Soft cheese and cucumber sandwiches on GF break	Mixed bean and sweetcorn wraps	GF Pasta Salad with sliced tomatoes and cucumber	Rice Salad	Hummus and grated carrot stuffed gf pitta
Snacks	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable

**Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of GF wholemeal toast or GF porridge and berries				
Lunch	Jacket potato with home made baked beans	Vegan GF vegetable bake	GF pasta served with a creamy vegan sauce and vegetables	Lentil Chilli	GF Vegan vegetable Ragu
Dinner	Avocado and vegan soft cheese sandwiches on GF bread	Greek salad stuffed gf pitta bread (no feta)	Rice cakes with hummus and cucumber	Mixed bean and sweetcorn wraps	Rice Salad
Snacks	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable