**Germoe Menu from 6th January 2025**

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| --- | --- | --- | --- | --- | --- |
| **Week 1** |  |  |  |  |  |
|  | Meat free Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | Delicious Bean Chilli  **GF & DF** | Winter warmer veggie soup  **GF & DF** | Tuna pasta bake | Chicken burger | Greek Gyros (pitta filled with chips and salad) |
| Option 2 | JP - **GF & DF**  Cheese  Or  Beans | JP - **GF & DF**  Cheese  Or  Beans | Pesto pasta  JP - **GF & DF** | Veg burger  JP - **GF & DF** | JP - **GF & DF**  Cheese  Or  Beans |
| Sides | Coleslaw  Potato bakes – **GF & DF** | Crusty cob with butter | Garlic bread  Peas | Brown rice  Roasted seasonal veg  **GF & DF** | Tsatsiki  **GF & DF**  **Contains Soya Milk** |
| Dessert | Fruit | Crackers & butter | Melon | Fruit salad | Cookie |
|  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |
|  | Meat free Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | Tomato & Basil -**GF & DF**  Or  Bolognese with spaghetti | Chicken korma curry  **GF & DF**  **Contains coconut milk** | Pepperoni Pizza | Quesadilllas (flatbread toasted with bean  filling) | Fish fingers  **DF** |
| Option 2 | JP - **GF & DF**  Cheese  or  Beans | Chickpea curry  or JP  **GF & DF** | Cheese and tomato pizza | JP - **GF & DF**  Cheese  Or  Beans | Quorn nuggets - **DF** |
| Sides | Cheese, peas | Rice, Naan, salad | Wedges, beans, sweetcorn - **GF & DF** | Salad | Chips  Peas  Beans |
| Dessert | Fruit | Flap jack | Melon | Fruit Salad | Fruit |

**THERE WILL BE AN OPTION OF JACKET POTATO WITH CHEESE OR BEANS ON OFFER EVERY DAY**

**GF = Gluten Free**

**DF = Dairy Free**

**PLEASE NOTE THAT THE COLESLAW, CHEESE, PITTA, WRAPS, NAAN, FLATBREAD ALL CONTAIN GLUTEN OR DAIRY**