**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 OrBeans  | JP - **GF & DF**CheeseOrBeans | Pesto pastaJP - **GF & DF** | Veg burgerJP - **GF & DF** | JP - **GF & DF**CheeseOrBeans  |
| Sides | ColeslawPotato bakes – **GF & DF** | Crusty cob with butter | Garlic breadPeas | Brown riceRoasted 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**OrBolognese 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**CheeseorBeans | Chickpea curry or JP**GF & DF** | Cheese and tomato pizza | JP - **GF & DF**CheeseOrBeans | Quorn nuggets - **DF** |
| Sides | Cheese, peas | Rice, Naan, salad | Wedges, beans, sweetcorn - **GF & DF** | Salad | ChipsPeasBeans |
| 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**