

GLUTEN FREE MENU

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE
4TH NOVEMBER
2ND DECEMBER
6TH JANUARY
3RD FEBRUARY
10TH MARCH

WEEK TWO
11TH NOVEMBER
9TH DECEMBER
13TH JANUARY
10TH FEBRUARY
17TH MARCH

WEEK THREE
18TH NOVEMBER
16TH DECEMBER
20TH JANUARY
24TH FEBRUARY
24TH MARCH

WEEK FOUR
25TH NOVEMBER
30TH DECEMBER
27TH JANUARY
3RD MARCH
31ST MARCH

MONDAY

Sweet Potato &
Chick Pea Curry **VG**
.....
Rice, Sweetcorn
Peppers
.....
Rice Pudding & Syrup **7**
Fruit Pots **VG**

Spicy Rice & Bean Mix **VG**
Jackets with a Choice of Toppings **7,8,9**
.....
Baked Wedges
Green Beans, Cauliflower
.....
Yoghurt **3,7**
Fruit Pots **VG**

Vegetable Bolognaise
on a Jacket Potato **VG**
.....
New Potatoes
Green Beans, Carrots
.....
Custard **7**
Fruit Pots **VG**

Meatfree Meatballs in Tomato Sauce **VG**
Jackets with a Choice of Toppings **7,8,9**
.....
Sweetcorn
Peppers
.....
Strawberry Mousse **7**
Fruit Pots **VG**

TUESDAY

Beef Stew
Jackets with a Choice of Toppings **7,8,9**
.....
Green Beans
Carrots
.....
Apple **VG** & Custard **7**
Fruit Pots **VG**

Mild Chilli Beef **4**
Jackets with a Choice of Toppings **7,8,9**
.....
Rice
Seasonal Vegetables
.....
Custard **7**
Fruit Pots **VG**

Katsu Vegetables
Jackets with a Choice of Toppings **7,8,9**
.....
Rice, Sweetcorn
Peppers
.....
Chocolate Whip **7**
Fruit Pots **VG**

Chicken Curry
.....
Rice
Seasonal
Vegetables
.....
Chocolate Custard **7**
Fruit Pots **VG**

WEDNESDAY

Roast Turkey & Gravy
Falafel Burger (no bun) **VG**
.....
Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
.....
Fruit Jelly **VG**
Yoghurt **3,7**, Fruit Pots **VG**

Roast Chicken & Gravy
.....
Rustic Roast Potatoes or Jollof Rice
Cabbage
Sweetcorn
.....
Yoghurt **3,7**
Fruit Pots **VG**

Roast Chicken & Gravy
Jackets with a Choice of Toppings **7,8,9**
.....
Rustic Roast Potatoes
Cabbage, Peas
.....
Fruit Jelly **VG**
Yoghurt **3,7**, Fruit Pots **VG**

Roast Chicken & Gravy
Jackets with a Choice of Toppings **7,8,9**
.....
Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
.....
Ice Cream **7**
Yoghurt **3,7**, Fruit Pots **VG**

THURSDAY

Chicken Arrabiatta on a Jacket Potato
Biryani & Curry Sauce **VG**
.....
Jackets with a Choice of Toppings **7,8,9**
Seasonal Vegetables
.....
Yoghurt **3,7**
Fruit Pots **VG**

Chicken & Sweetcorn Stew
.....
New Potatoes
Carrots
Peas
.....
Ice Cream **7**
Fruit Pots **VG**

Potato & Vegetable Cake
with Tomato Sauce **VG**
.....
Seasonal
Vegetables
.....
Yoghurt **3,7**
Fruit Pots **VG**

Beef Bolognaise on a Jacket Potato
Cheesy Cajun Wedges **4,7V**
.....
Cauliflower
Broccoli
.....
Yoghurt **3,7**
Fruit Pots **VG**

FRIDAY

Gluten Free Fish Fillet **8**
.....
Chips, Peas
Baked Beans
Coleslaw **9**
.....
Yoghurt **3,7**
Fruit Pots **VG**

Gluten Free Fish Fillet **8**
.....
Chips, Peas
Baked Beans
Carrot Sticks
.....
Yoghurt **3,7**
Fruit Pots **VG**

Gluten Free Fish Fillet **8**
Jackets with a Choice of Toppings **7,8,9**
.....
Chips, Peas
Baked Beans, Roasted Onions
.....
Yoghurt **3,7**
Fruit Pots **VG**

Gluten Free Fish Fillet **8**
Jackets with a Choice of Toppings **7,8,9**
.....
Chips, Peas
Baked Beans, Coleslaw **9**
.....
Yoghurt **3,7**
Fruit Pots **VG**

AVAILABLE DAILY: Selection of Salads **9**, Homemade Bread **1,3,7,9**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

VG Vegan V Vegetarian
1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk
8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten



EAT YOUR VEGGIES!