

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheesy Salmon Sub Melt with Wedges	Beef Lasagne	Roast Chicken with Roast Potatoes and Gravy	Chicken Tikka Masala with Wholegrain & White Rice	Fish Fingers & Chips
Vegetarian Main Meal	Cheese & Tomato Pizza with Wedges	Plant Based Meatball Pasta Bake	Vegan Sausage & Mash		Vegan Sausage & Chips
Vegetables	Carrots & Peas	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
Jacket Potatoes	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo
Pudding	Vanilla Yoghurt	Apple Sponge	Strawberry Jelly & Mandarins	Pear & Cocoa Sponge with Custard	Strawberry Jelly & Mandarins

W/C - 06/11/23, 27/11/23, 18/12/23, 08/01/24, 29/01/24, 19/02/24, 11/03/24, 01/04/24, 22/04/24, 13/05/24, 03/06/24, 24/06/24, 15/07/24

Gluten Free Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Pork Sausage & Mash	Texan Style Minced Beef with Wholegrain & White Rice	Roast Turkey with Roast Potatoes & Gravy	Tomato & Chicken Pasta	Fish & Chips
Vegetarian Main Meal		Plant Based Chilli with Carrot Rice	Red Pepper & Spinach Spanish Omelette	Macaroni Cheese Bake	Cheese & Tomato Pizza with Wedges
Vegetables	Carrots	Sweetcorn	Seasonal Vegetables	Garden Peas	Baked Beans
Jacket Potatoes	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo
Pudding	Strawberry Jelly & Mandarins	Strawberry Jelly & Mandarins	Vanilla Yoghurt	Strawberry Jelly with Fruit Salad	Pear & Cocoa Sponge with Custard

W/C – 23/10/23, 13/11/23, 04/12/23, 15/01/24, 05/02/24, 26/02/24, 18/03/24, 08/04/24, 29/04/24, 20/05/24, 10/06/24, 01/07/24, 22/07/24

Gluten Free Menu

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal		Beef Bolognese	Roast Chicken with Roast Potatoes & Gravy		Fish Fingers & Chips
Vegetarian Main Meal	Cheese & Tomato Pizza with Wedges	Roasted Vegetable Bolognese			
Vegetables	Sweetcorn	Garden Peas	Seasonal Vegetables	Tomato, Cucumber & Carrot Salad	Baked Beans
Jacket Potatoes	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo	Cheese Baked Beans Tuna Mayo
Pudding	Vanilla Yoghurt	Apple Sponge	Strawberry Jelly with Fruit Salad	Pear & Cocoa Sponge with Custard	Chocolate Brownie

W/C – 30/10/23, 20/11/23, 11/12/23, 01/01/24, 22/01/24, 12/02/24, 04/03/24, 25/03/24, 15/04/24, 06/05/24, 27/05/24, 17/06/24, 08/07/24

Gluten Free Menu