

GLUTEN FREE MENU

SCHOOL LUNCHES - AUTUMN TERM 2024



Week One:

Menu Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF Pasta Bolognese	GF Sausage in a GF Roll	Roast Chicken with Gravy	GF Chicken Curry or GF Chicken Tenders (DF)	Bubble Crumb Fish Fillet (GF)
Option 2	Jacket Potato with Tuna	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans
Sides	Broccoli	Potato Wedges & Baked Beans	Roast Potatoes and Seasonal Vegetables	Salad	Oven Chips & Baked Beans
A healthy SALAD BAR available EVERY DAY (V) Vegetarian					
Dessert	Fresh Fruit	Fresh Fruit	Fruit in Jelly	Fresh Fruit	Fresh Fruit
Fresh Fruit available EVERY DAY					
Fresh Milk and Water available EVERY DAY					

Week Two:

Menu Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF Pasta Neopolitan (V)	GF Breaded Chicken in a GF Wrap	Roast Chicken with Gravy	GF Pasta in a Tomato Sauce (V)	Bubble Crumb Fish Fillet (GF)
Option 3	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Baked Beans
Sides	Salad	Mixed Rice & Green Beans	Roast Potatoes and Seasonal Vegetables	Salad	Oven Chips & Baked Beans
A healthy SALAD BAR available EVERY DAY (V) Vegetarian					
Dessert	Fresh Fruit	Fruit in Jelly	Fresh Fruit Jelly	Fresh Fruit	Fresh Fruit
Fresh Fruit available EVERY DAY					
Fresh Milk and Water available EVERY DAY					