

<div><div><div>whole SCHOOL meals</div><div>REAL FOOD FOR REAL ENERGY</div></div></div>		Gluten Free Menu - April - October 2024			
		Week One	Week Two	Week Three	
		15/04, 06/05, 03/06, 24/07, 15/07, 07/09, 23/09, 14/10	22/04, 13/05, 10/06, 01/07, 09/09, 30/09, 21/10	29/04, 20/05, 17/06, 08/07, 16/09, 07/10	
Monday	Option 1	Chicken Steak	GF Margherita Pizza	GF Tomato Pasta	
	Option 2			Roasted Vegetable Frittata & GF Pasta	
	served with	Potato Wedges Baked Beans & Peas	1/2 Jacket Potato Baked Beans & Peas	Peas & Sweetcorn	
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	
	Dessert	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	
	Tuesday	Option 1	Sticky pork and Pineapple	Beef Bolognese	Chicken Tacos
		Option 2		Veggie Bolognese	*Veggie Tacos
		served with	Rice Sweetcorn Salad	GF Pasta Carrots & Green Beans	Rice Carrots & Sweetcorn
Option 3		*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	
	Dessert	GF Shortbread Fresh Fruit/Jelly	GF Shortbread Fresh Fruit/Jelly	GF Shortbread Fresh Fruit/Jelly	
	Wednesday	Option 1	Roast Gammon & Gravy	Roast Chicken & Gravy	GF Sausage & Gravy
		Option 2	*Cheesy Leek & Potato Pie		
		served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice
Option 3		*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	
	Dessert	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	
	Thursday	Option 1	*GF Pizza Pinwheel	GF Sausage	Beef Meatballs
		Option 2			
		served with	Crushed new Potatoes Coleslaw & Cucumber	GF Pasta Salad Coleslaw & Mixed Salad	GF Pasta Broccoli & Mixed Vegetables
Option 3		*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	
	Dessert	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	Golden Krispie Cake Fresh Fruit/Jelly	
	Friday	Option 1	GF Fish Fingers	GF Fish Fingers	GF Fish Fingers
		Option 2			
		served with	Chips Baked Beans & Sweetcorn	Chips Baked Beans & Sweetcorn	Chips Baked Beans & Sweetcorn
Option 3		*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	
	Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly	
	<div><div><div>VEGETARIAN</div><div>Suitable for Vegetarians</div></div></div>		All items are subject to availability		
	<div><div><div>VEGAN</div><div>Suitable for Vegans &amp; Vegetarians</div></div></div>		Bread , Salad and fresh drinking water are available with every meal		
	<div><div><div></div><div>Contains Fish</div></div></div>		All Items with * can be made Vegan Friendly		
		<a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a>			
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