

AUTUMN/WINTER 2024 Gluten & Dairy Free



Week 1

Week commencing

☐ 02.09.24 ☐ 23.09.24 ☐ 14.10.24 ☐ 04.11.24 ☐ 25.11.24 ☐ 16.12.24

MONDAY

Choice 1 Beef Bolognaise
Served with Gluten Free Pasta/Salad

Jacket Potato Cheese/Beans/Tuna
Dessert Chocolate Alpro

TUESDAY

Choice 1 Spanish Chicken Casserole
Served with Rice/Peas

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert Fresh Fruit

WEDNESDAY

Choice 1 GF/DF Sausages
Served with Potato Wedges/ Beans

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert GF/DF Vanilla Cookie

THURSDAY

Choice 1 Roast Pork Loin
Served with Crispy Roast Potatoes/ Cabbage, Carrots & Gravy

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert GF/DF Orange & Passion Fruit Muffin

FRIDAY

Choice 1 GF/DF Fish Fingers
Served with Chips/Peas

Jacket Potato Cheese/Beans/Tuna
Dessert Mixed Fruit Jelly

Week 2

Week commencing

☐ 09.09.24 ☐ 30.09.24 ☐ 21.10.24 ☐ 11.11.24 ☐ 02.12.24

MONDAY

Choice 1 GF/DF Vegan Nuggets
Served with Wedges/Beans

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert GF/DF Apricot & Ginger Flapjack

TUESDAY

Choice 1 Chicken in a Tomato & Herb Sauce
Served with GF/DF Pasta/ Mixed Vegetables

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert Whole Banana

WEDNESDAY

Choice 1 GF/DF Baked Sausages
Served with Mashed Potato/Country Vegetables

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert Peaches

THURSDAY

Choice 1 Roast Gammon
Served with Crispy Roast Potatoes/ Green Beans, Cauliflower & Gravy

Jacket Potato Cheese/Beans/Tuna
Dessert GF/DF Chocolate Shortbread

FRIDAY

Choice 1 GF/DF Fish Fingers
Served with Chips/Beans

Jacket Potato Cheese/Beans/Tuna
Dessert GF/DF Apple & Blackberry Crumble

Week 3

Week commencing

☐ 16.09.24 ☐ 07.10.24 ☐ 28.10.24 ☐ 18.11.24 ☐ 09.12.24

MONDAY

Choice 1 Savoury Mince
Served with Mixed Vegetables

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert GF/DF Lemon Shortbread

TUESDAY

Choice 1 GF/DF Hot Dog
Served with Nacho's/Coleslaw

Jacket Potato GF/DF Cheese/Beans/Tuna
Dessert GF/DF Vanilla Muffin

WEDNESDAY

Choice 1 Chicken Tikka Masala
Served with Rice

Jacket Potato Cheese/Beans/Tuna
Dessert Fresh Fruit

THURSDAY

Choice 1 Chicken Tikka Masala
Served with Crispy Roast Potatoes/ Broccoli, Swede & Gravy

Jacket Potato Cheese/Beans/Tuna
Dessert Fruit Cocktail

FRIDAY

Choice 1 GF/DF Fish Fingers
Served with Chips/Beans

Jacket Potato Cheese/Beans/Tuna
Dessert Mandarin Jelly

A Jacket Potato with Baked Beans and Side Salad is available daily, as an alternative to the main meal. Fresh drinking water & Schar bread are available daily. Fresh fruit is offered as an alternative to the dessert option.

Should your child have a medically diagnosed dietary requirement which cannot be met by this menu please contact our office on 01278 427171. We will be happy to discuss your child's specific requirements and create a menu suitable for their dietary needs.

(v) Vegetarian
(vg) Vegan/Plant Based