

# Gluten Free Autumn Dinner Menu Week One

w/c: 4<sup>th</sup> September, 18<sup>th</sup> September, 2<sup>nd</sup> October, 16<sup>th</sup> October

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Cheese and Tomato Pizza	Beef burger (no bun)	Roast turkey	Pasta bolognaise	Bubble fish
<u>Sides</u>	Sweetcorn	Potato wedges, beans or sweetcorn	Potatoes, seasonal veg, gluten-free gravy (optional)	Gluten-free bread	Chips sweetcorn and peas
<u>Alternative</u>	Jacket Potato with Cheese or butter	Jacket potato with beans or butter		Ratatouille pasta bake	Omelette muffin or Jacket potato with Tuna mayonnaise or butter
<u>Dessert</u>	Jelly and fruit	Homemade cake	Yoghurt and a selection of fruit	Homemade chocolate oatcake	Ice-cream and fruit salad

# Gluten Free

## Autumn Dinner Menu

### Week Two

w/c: 11<sup>th</sup> September, 25<sup>th</sup> September, 9<sup>th</sup> October

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Meatballs in a tomato sauce with pasta	Jacket Potato with Beans or butter	Roast Gammon	Homemade sticky chicken in a tortilla wrap	Bubble fish
<u>Sides</u>	Green beans		Roast potatoes, seasonal veg and gluten-free gravy (optional)	Lettuce and sweetcorn (mayo sachet optional)	Chips, beans or peas
<u>Alternative</u>	Jacket Potato with Cheese or butter			Roasted vegetable and cheese Quesadilla or Jacket potato with cheese or butter	Jacket potato with beans, tuna mayonnaise or butter
<u>Dessert</u>	Milkshake and fruit	Homemade cake	Fruit salad and yoghurt	Homemade biscuit	Lolly