

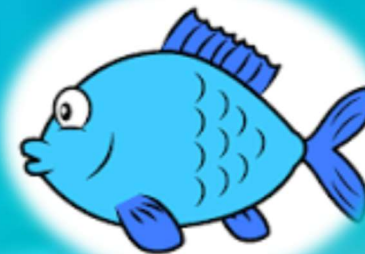


Gluten Free

Dinner Menu

Week One

w/c – 14th Sept, 28th Sept, 12th Oct



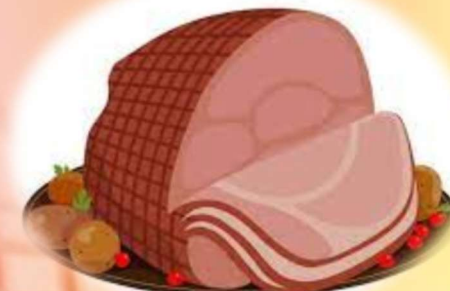
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Pepperoni or Margherita Pizza	Meatballs with pasta	Roast Gammon	Breaded Chicken and curry sauce (optional)	Bubble Fish
<u>Sides</u>	Sweetcorn and salad bar	Green beans and GF bread	Roast potatoes, veg and gravy (optional)	Rice and broccoli GF bread	Wedges, beans or peas Salad bowl
<u>Alternative</u>	Jacket Potato with beans or butter	Jacket Potato with cheese, beans, tuna mayonnaise or butter	Jacket Potato with tuna mayonnaise or butter	Jacket potato with cheese or butter	Jacket Potato with beans or butter
<u>Dessert</u>	School cake	Selection of fruit	Fresh fruit or yoghurt	Shortbread	Ice-cream



Gluten Free

Dinner Menu

Week Two



w/c – 7th Sept, 21st Sept, 5th Oct, 19th Oct

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Roasted Veg Pasta

Chicken Fajitas

Pulled Pork

Sausage

Bubble Fish

Sides

Green beans

Sunshine Rice

Roast Potatoes, peas,
carrots and gravy
(optional)

Crushed new
potatoes

Chips, sweetcorn &
peas

Beans

Alternative

Jacket Potato with
beans or butter

Jacket Potato with
cheese, beans, tuna
mayonnaise or butter

Jacket Potato with
tuna mayonnaise or
butter

Jacket Potato with
cheese or butter

Jacket potato with
beans or butter

Dessert

Fruit Whip

Fresh fruit or yoghurt

Vanilla Sponge

Ginger Biscuit

Ice Lolly

