

Menu made without ingredients that contain Gluten

Autumn Winter 2022/23



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Gluten Free Cheese & Tomato Pizza with Herby Potatoes ✓	Chicken Katsu Curry with Rice	Roast Gammon with Roast Potatoes & Gravy	Beef Bolognese with Gluten Pasta	Gluten Free Fish Fingers with Oven Chips
	Gluten Free Cheese & Tomato Pizza with Herby Potatoes	Gluten Free Pasta in Cheese Sauce with Herby Potatoes ✓	Quorn Fillet with Roast Potatoes & Gravy ✓	Honey & Lemon Tofu Stir Fry with Rice ✓	Gluten Free Cheese & Tomato Pizza with Oven Chips ✓
	Coleslaw	Broccoli Florets Baked Beans	Carrots Peas	Sweetcorn Green Beans	Peas Baked Beans
	Fruit Salad ✓	Gluten Free Chocolate Crunch & Custard ✓	Yoghurt Selection ✓	Gluten Free Apple Crumble & Custard ✓	Vanilla Ice Cream ✓
Week Two	Gluten Free Pasta in Cheese Sauce with Herby Potatoes ✓	Chicken Katsu Curry with Rice	Roast Beef with Roast Potatoes & Gravy	Pork & Carrot Meatballs in Tomato Sauce with Gluten Free Pasta	Gluten Free Fish Fingers with Oven Chips
	Veggie Burrito with Herby Potatoes ✓	Gluten Free Mediterranean Pasta Bake ✓	Quorn Fillet with Roast Potatoes & Gravy ✓	Sweet Potato & Jack Fruit Curry with Rice ✓	Gluten Free Cheese & Tomato Pizza with Oven Chips ✓
	Mixed Salad	Peas Sweetcorn	Broccoli Carrot	Green Beans Cauliflower	Baked Beans Peas
	Apple Muffin with Fresh Apple Slices ✓	Chocolate Brownie ✓	Fruit Salad ✓	Yoghurt Pots ✓	Chocolate & Orange Shortbread ✓
Week Three	Shepherdless Pie with Gluten Free Bread ✓	Pork Steak with Mashed Potato	Roast Chicken with Roast Potatoes & Gravy	Beef Fajita Gluten Free Pasta	Gluten Free Fish Fingers with Oven Chips
	Gluten Free Cheese & Broccoli Quiche with Gluten Free Bread ✓	Gluten Free Mediterranean Pasta Bake with Herby Garlic Bread ✓	Quorn Fillet with Roast Potatoes & Gravy ✓	Quorn Frankfurter in Moroccan Sauce with Gluten Free Pasta ✓	Gluten Free Cheese & Tomato Pizza with Oven Chips ✓
	Peas Carrot	Green Beans Sweetcorn	Winter Greens	Broccoli Carrot ✓	Peas Baked Beans
	Gluten Free Lemon Drizzle Cake ✓	Jaffa Cake Pots ✓	Yoghurt Selection ✓	Fruit Salad ✓	Gluten Free Chocolate & Pear Sponge ✓