

Week commencing 01/09, 22/09, 13/10, 10/11, 01/12

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	BBQ Base Cheese Pizza On a G/F roll	Beef and Bean Enchiladas With G/F Wrap	Roast Pork	Chicken Korma	G/F Sausages
Allergens	D			D, M	
Main Course (Vegetarian)	Cheese and Tomato Pizza On a G/F roll	Veggie and Bean Enchiladas with G/F Wrap			
Allergens	D	E			
Served with			Roast Potato	Rice	Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bites	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad
Allergens	D, G, E,	D, G, E, F	D, G, E, F	D, G, E, F	D, G, E
Pudding	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Ice Cream
Allergen	SO	SO	SO	SO	D
Pudding	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit
Allergens	D	D	D	D	D
Allergens meaning	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

*Please note, all starred items will have a similar or identical GF sub



Gluten Free LUNCH MENU



Week commencing: 08/09, 29/09, 20/10, 17/11, 08/12

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Bean and Halloumi Stew	Meatballs	Roast Chicken	Smoky Bacon and Tomato G/F Pasta	G/F Fish Fingers
Allergens	D	SO			F
Main Course (Vegetarian)			Broccoli Cheese (using G/F Flour)	Spinach and New Potato Bake	
Allergens			D,		
Served with		Mash Potato	Roast Potatoes		Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bite	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, G/F Tomato Pasta*	Jacket potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, G/F Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad
Allergens	D, E, G	D, E, G, F	D, E, G, F	D, E, G, F	D, G, E
Pudding	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Ice Cream
Allergens	SO	SO	SO	SO	D
Pudding	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit
Allergens	D	D	D	D	D
Allergens meaning	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

*Please note, all starred items will have a similar or identical GF substitute.



Gluten Free LUNCH MENU



Week commencing: 15/09, 06/10, 03/11, 24/11, 15/12					
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Cheese and Tom Pizza on a G/F roll	Tacos	Roast Gammon	Chicken Tikka	G/F Chicken Nuggets
Allergens	G, D	SO		D, M, E	G, D, SO
Main Course (Vegetarian)				Veggie Tikka	
Allergens				D, M, E	
Served with			Roast Potatoes	Rice	Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bite	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad
Allergens	D, G, E	D, G, E, F	D, G, E, F	D, G, E, F	D, G
Puddings	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Alpro/ Fruit Squeezy Jelly	Ice Cream
Allergens	SO	SO	SO	SO	D
Pudding	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit
Allergens	D	D	D	D	D
Allergens meaning	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

*Please note, all starred items will have a similar or identical GF substitute.