



NAME:

SCHOOL:

ALLERGY:
Gluten Free

Also served daily:

Fresh Fruit
Yoghurt
Semi-Skimmed Milk
Water

Free From Knorr
Gravy **ONLY** to be
used

**ONLY THE
FOOD STATED
ON THIS MENU
IS TO BE
SERVED**

PRIMARY MENU

WEEK 1

WEEK 2

WEEK 3

<p>MONDAY</p> <p>Gluten Free Fish Fingers Simply Diced Potatoes Baked Beans, Sweetcorn, Garden Peas, Salad Gluten Free Raspberry & Peach Swirl Sponge & Custard</p>	<p>MONDAY</p> <p>Mini Omelette with Gluten Free Pork Sausage Or Five Bean Chilli Potato Wedges or Vegetable Rice Baked Beans, Garden Peas, Salad Gluten Free Eve's Sponge & Custard</p>	<p>MONDAY</p> <p>Gluten Free Fish Fingers Jacket Potato or Sauté Potatoes Garden Peas, Sweetcorn, Broccoli, Salad Gluten Free Apple Brownies with Fruit Slices</p>
<p>TUESDAY</p> <p>Beef Bolognese Gluten Free Pasta or Potato Wedges Mixed Vegetables, Broccoli, Salad Fruit Yoghurt or Fresh Fruit</p>	<p>TUESDAY</p> <p>Vegetable Plant Ball in Tomato Sauce Gluten Free Pasta or Simply Diced Potatoes Broccoli, Garden Peas, Sweetcorn, Salad Fruit Yoghurt or Fresh Fruit</p>	<p>TUESDAY</p> <p>Southern Style Vegetable Burger (no roll) Potato Wedges Mixed Vegetables, Garden Peas, Sweetcorn, Salad Fruit Yoghurt or Fresh Fruit</p>
<p>WEDNESDAY</p> <p>Roast Turkey in FF Gravy Boiled or Creamed Potatoes Green Cabbage, Carrots & Diced Swede Jelly with Strawberry Swirl</p>	<p>WEDNESDAY</p> <p>Roast Pork & Apple Sauce in FF Gravy Or Vegetable Casserole Boiled or Creamed Potatoes Green Beans, Swede & Broccoli Tropical Rice Pudding</p>	<p>WEDNESDAY</p> <p>Roast Beef with FF Gravy Boiled or Creamed Potatoes Baton Carrots, Cabbage, Swede Ice Cream & Fruit Wedges</p>
<p>THURSDAY</p> <p>Vegetable & Lentil Shepherds Pie Boiled or Creamed Potatoes Carrots, Garden Peas, Broccoli, Salad Fruit Yoghurt or Fresh Fruit</p>	<p>THURSDAY</p> <p>Chicken Fillet in FF Gravy Boiled or Creamed Potatoes Carrots, Cabbage, Country Vegetables, Salad Fruit Yoghurt or Fresh Fruit</p>	<p>THURSDAY</p> <p>Garden Vegetable Pie Boiled or Creamed Potatoes Baked Beans, Carrots, Garden Peas Fruit Yoghurt or Fresh Fruit</p>
<p>FRIDAY</p> <p>Gluten Free Fish Fingers Vegetable Rice or Chipped Potatoes Mixed Vegetables, Sweetcorn, Broccoli, Salad Gluten Free Mandarin Sponge Slice</p>	<p>FRIDAY</p> <p>Gluten Free Pork Sausage Jacket Potato or Chipped Potatoes Mini Corn Cobs, Mixed Vegetables, Salad Gluten Free Fruit Muffin</p>	<p>FRIDAY</p> <p>Chicken Tikka/Korma Vegetable Rice or Chipped Potatoes Broccoli, Sweetcorn, Garden Peas, Salad Strawberry Jelly & Strawberry Swirl</p>