

GLUTEN & DAIRY FREE SPRING/SUMMER TERM MENU 1

Weeks commencing; 19/02/24, 11/03/24, 15/04/24, 06/05/24, 03/06/24, 24/06/24, 15/07/24

MON

Sausage

With
Mashed Potato, Peas
& Gravy

Vegan Cheese
Sandwich

Fresh Fruit,
Alrpo Dessert
or

Chocolate Cookie &
Fruit

TUES

BBQ Chicken Wrap

with
Rice &
Veggie Sticks

Ham Sandwich

Fresh Fruit,
Alrpo Dessert
or

Shortbread &
Alpro Custard

WED

Roast Pork

with
Oven Roasted
Potatoes,
Mixed Vegetables
& Gravy

Vegan Cheese
Sandwich

Fresh Fruit,
Alrpo Dessert
or

Vanilla Muffin &
Fruit

THURS

Pizza Pasta Bake

with
Bread Roll &
Sweetcorn

Tuna & Vegan Mayo
Sandwich

Fresh Fruit,
Alrpo Dessert
or

Peach Melba

FRI

Crispy Crumb Fish
Fingers

with
Chips & Baked
Beans

Ham Sandwich

Fresh Fruit,
Alrpo Dessert
or

Chocolate Crackle

GLUTEN & DAIRY FREE SPRING/SUMMER TERM MENU 2

Weeks commencing; 26/02/24, 18/03/24, 22/04/24, 13/05/24, 10/06/24, 01/07/24

MON

Beef Chilli

with
Rice &
Mixed Vegetables

Tuna & Vegan Mayo
Sandwich

Fresh Fruit,
Alrpo Dessert
or
Oaty Biscuit & Fruit

TUES

Chicken Goujons

with
Potato Wedges,
Gravy Dip
& Veggie Sticks

Vegan Cheese
Sandwich

Fresh Fruit,
Alrpo Dessert
or
Chocolate Sponge &
Plant Cream

WED

Roast Gammon

with
Mashed Potato,
Baby Carrots,
Broccoli & Gravy

Ham Sandwich

Fresh Fruit,
Alrpo Dessert
or
Lemon Drizzle
Muffin

THURS

Italian Style Minced
Beef Pasta
Bolognese

with
Sweetcorn
& Bread Roll

Vegan Cheese
Sandwich

Fresh Fruit,
Alrpo Dessert
or
Chocolate Oat
Delight & Alrpo
Custard

FRI

Fillet of Fish &
Chips

with
Garden Peas

Ham Sandwich

Fresh Fruit,
Alrpo Dessert
or
Waffle, Vegan Ice
Cream & Fruit

GLUTEN & DAIRY FREE SPRING/SUMMER TERM MENU 3

Weeks commencing: 04/03/24, 08/04/24, 29/04/24, 20/05/24, 17/06/24, 08/07/24

MON

Summer Brunch
Muffin

with
Hash Browns &
Baked Beans

Vegan Cheese
Sandwich

Fresh Fruit,
Alrpo Dessert
or
Chocolate Crackle &
Plant Cream

TUES

Vegan Cheese Pizza

with
Potato Wedges &
Veggie Sticks

Tuna & Vegan Mayo
Sandwich

Fresh Fruit,
Alrpo Dessert
or
Strawberry
Smoothie

WED

Roast Chicken

with
Roast Potatoes,
Carrots, Peas
& Gravy

Ham Sandwich

Fresh Fruit,
Alrpo Dessert
or
Chocolate Muffin

THURS

Beef Meatballs with
Tomato Sauce

with
Pasta & Sweetcorn

Vegan Cheese
Sandwich

Fresh Fruit,
Alrpo Dessert
or
Vegan Ice Cream &
Fruit

FRI

Fish Squares
& Chips

with
Garden Peas

Ham Sandwich

Fresh Fruit,
Alrpo Dessert
or
Jelly & Fruit