

GLUTEN FREE AUTUMN TERM 1 - MENU 1

Weeks commencing: 02/09/24, 23/09/24, 14/10/24

MON

Sausage

With
Mashed Potato, Peas
& Gravy

Cheese Sandwich

Fresh Fruit,
Yoghurt

or

Chocolate Cookie &
Fruit

TUES

BBQ Chicken Wrap

with
Rice &
Veggie Sticks

Ham Sandwich

Fresh Fruit,
Yoghurt

or

Shortbread &
Custard

WED

Roast Pork

with
Oven Roasted
Potatoes,
Mixed Vegetables
& Gravy

Cheese Sandwich

Fresh Fruit,
Yoghurt

or

Vanilla Muffin &
Fruit

THURS

Cheese & Tomato
Pasta Bake

with
Bread Roll &
Sweetcorn

Tuna Mayo Sandwich

Fresh Fruit,
Yoghurt

or

Peach Melba

FRI

Crispy Crumb Fish
Fingers

with
Chips & Baked
Beans

Ham Sandwich

Jacket Potato
& Beans

Fresh Fruit,
Yoghurt

or

Chocolate Crackle

GLUTEN FREE AUTUMN TERM 1 - MENU 2

Weeks commencing; 09/09/24, 30/09/24, 21/10/24

MON

Beef Chilli

with
Rice &
Mixed Vegetables

Tuna Mayo Sandwich

Fresh Fruit,
Yoghurt
or
Oaty Biscuit & Fruit

TUES

Chicken Goujons

with
Potato Wedges,
Gravy Dip
& Veggie Sticks

Cheese Sandwich

Fresh Fruit,
Yoghurt
or
Chocolate Sponge &
Cream

WED

Roast Gammon

with
Mashed Potato,
Baby Carrots,
Broccoli & Gravy

Ham Sandwich

Fresh Fruit,
Yoghurt
or
Lemon Drizzle
Muffin

THURS

Italian Style Minced
Beef Pasta
Bolognese

with
Sweetcorn
& Bread Roll

Cheese Sandwich

Fresh Fruit,
Yoghurt
or
Chocolate Oat
Delight & Custard

FRI

Fillet of Fish &
Chips

with
Garden Peas

Cheese Sandwich

Jacket Potato &
Tuna Mayo

Fresh Fruit,
Yoghurt
or
Shortbread, Ice
Cream & Fruit

GLUTEN FREE AUTUMN TERM 1 - MENU 3

Weeks commencing; 16/09/24, 07/10/24

MON

Sausage Patty
Breakfast Roll

with
Hash Browns &
Baked Beans

Cheese Sandwich

Fresh Fruit,
Yoghurt
or
Chocolate Crackle &
Cream

TUES

Vegan Cheese Pizza

with
Potato Wedges &
Veggie Sticks

Tuna Mayo Sandwich

Fresh Fruit,
Yoghurt
or
Raspberry Ripple
Mousse

WED

Roast Chicken

with
Roast Potatoes,
Carrots, Peas
& Gravy

Ham Sandwich

Fresh Fruit,
Yoghurt
or
Chocolate Muffin

THURS

Beef Meatballs with
Tomato Sauce

with
Pasta & Sweetcorn

Cheese Sandwich

Fresh Fruit,
Yoghurt
or
Ice Cream & Fruit

FRI

Fish Squares
& Chips

with
Garden Peas

Tuna Mayo Sandwich

Jacket Potato &
Cheese

Fresh Fruit,
Yoghurt
or
Jelly & Fruit