










THIS WEEK'S *Eats.*

W/C: 7th Nov , 28th Nov , 19th Dec, 9th Jan , 30th Jan , 20th Feb , 13th Mar

WEEK 1
MENU

Gluten free- Parent copy

		Sides	Jackets	Pasta and Toasties	Desserts
MON	Vegetarian Devil's Kitchen Burger (GF)  Served with Chipotle Potato Wedges <i>Plant based burger in a Gluten Free Bun with tomato ketchup, lettuce & tomato</i>	Mixed Salad Sweetcorn Coleslaw	Baked beans Cheese  Tuna Mayo  Bolognese Salmon Mayo	Beef Bolognese Pasta with Gluten Free Pasta Or Herby Tomato Pasta  with Gluten Free Pasta Or <u>Assorted Toasties on Gluten Free Bread</u> Ham & Cheese  Cheese  Beans & Cheese  Ham	Assorted Mousse Pots (GF) Or Fruit Pot (GF) Or Jelly (GF) Or Muller Yoghurt Pot (GF) Or Sweet Wrap (GF) <i>Strawberries, banana & chocolate topped with GF Chocolate custard and wrapped inside a gluten free wrap.</i>
TUE	Cajun Chicken Burger (H) (GF) Served with Potato Wedges <i>Cajun chicken burger in a Gluten Free Bun with lettuce, tomato, red onion, mayo and gherkins.</i>	Peas Mixed Salad Crunchy Raw Slaw			
WED	Roast Turkey (H) (GF) Served with Roast Potatoes and Gluten Free Gravy	Mixed Salad Peas Carrots Cabbage			
THUR	Vegan Yellow Vegetable Curry (GF)  Served with Wholegrain Rice	Broccoli Cauliflower Chop Chop Salad			
FRI	Gluten Free Battered Fish (GF) served with chips, peas or baked beans or Egg & Chips (GF) served with peas or baked beans 	Chips Baked Beans Peas Mixed Salad			






THIS WEEK'S *Eats.*

W/C:14th Nov, 5th Dec, 26th Dec, 16th Jan, 6th Feb, 27th Feb, 20th Mar

WEEK 2 MENU

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		Sides	Jackets	Pasta and Toasties	Desserts
MON	Chicken Sausages (H) (GF) Served with Mashed Potato, and Gluten Free Gravy	Mixed Salad Sweetcorn Peas	Baked beans  Cheese  Tuna Mayo Bolognese Salmon Mayo	Beef Bolognese Pasta with Gluten Free Pasta Or Herby Tomato Pasta  with Gluten Free Pasta Or <u>Assorted Toasties on Gluten Free Bread</u> Ham & Cheese Cheese Beans & Cheese Ham	Assorted Mousse Pots (GF) Or Fruit Pot (GF) Or Jelly (GF) Or Muller Yoghurt Pot (GF) Or Sweet Wrap (GF) <i>Strawberries, banana & chocolate topped with GF Chocolate custard and wrapped inside a gluten free wrap.</i>
TUE	Gluten Free Cheese & Tomato Pizza (GF) Served with Potato Wedges	Peas Broccoli Coleslaw Mixed Salad			
WED	Roast Pork (Plain) (GF) or Chicken Breast (H) (GF) Served with Mashed Potato, Gluten Free Gravy, Carrots & Cabbage	Mixed Salad Coleslaw Carrots Cabbage			
THUR	Vegetarian Bolognese (GF) Served with Gluten free pasta and a mixed side salad 	Mixed Salad Sweetcorn Green Beans			
FRI	Gluten Free Battered Fish (GF) served with chips, peas or baked beans Or Egg & Chips (GF) served with peas or baked beans 	Coleslaw Mixed Salad Peas Baked Beans			



THIS WEEK'S *Eats.*

W/C :21st Nov, 12th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar

WEEK 3
MENU







Gluten free- Parent copy

		Sides	Jackets	Pasta and Toasties	Desserts
MON	Chilli Con Carne (H) (GF) Served with Wholegrain Rice	Mixed Salad Spiced Sweetcorn Broccoli	Baked beans  Cheese  Tuna Mayo Bolognese Salmon Mayo	Beef Bolognese Pasta with Gluten Free Pasta Or Herby Tomato Pasta with Gluten Free Pasta Or <u>Assorted Toasties on Gluten Free Bread</u> Ham & Cheese Cheese Beans & Cheese Ham	Assorted Mousse Pots (GF) Or Fruit Pot (GF) Or Jelly (GF) Or Muller Yoghurt Pot (GF) Or Sweet Wrap (GF) Strawberries, banana & chocolate topped with GF Chocolate custard and wrapped inside a gluten free wrap.
TUE	Vegetarian Incredible Burger (GF)  Served with chop chop salad <i>Plant based burger in a Gluten Free Bun with tomato ketchup, lettuce & tomato</i>	Green Beans Chop Chop Salad			
WED	Lemon Roasted Chicken Breast (H) (GF) Served with Mashed Potato, Gluten Free Gravy, Carrots & Cabbage	Mixed Salad Cabbage Carrots			
THUR	Chicken Tikka Masala (GF) Served with Wholegrain Rice	Sweetcorn Mixed Salad Corn-slaw			
FRI	Gluten Free Battered Fish (GF) served with chips, peas or baked beans Or Egg & Chips (GF)  served with peas or baked beans	Peas Mixed Salad Baked Beans			



THIS WEEK'S *Mid Morning Break Eats.*

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	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6	Option 7
MON	HOT BUTTERED TOAST 	BREAKFAST WRAP Bacon, Egg & Cheese in a Gluten free wrap	BACON BUTTIE	ASSORTED TOASTIES ON GLUTEN FREE BREAD	CHEESE ON TOAST 	ASSORTED BAGUELS	SWEET TORTILLA WRAP 
TUE				<ul style="list-style-type: none">HAM & CHEESECHEESE BEANS AND CHEESE HAM		<ul style="list-style-type: none">GLUTEN FREE CHEESE & BACON BAGUELGLUTEN FREE BACON, EGG & CHEESEGLUTEN FREE CHEESE BAGEL GLUTEN FREE HAM & CHEESE	Bananas and strawberries served in a gluten free wrap with a chocolate custard.
WED							
THUR							
FRI							

