

GLUTEN FREE MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

15TH APR
13TH MAY
17TH JUNE
15TH JULY
2ND SEPT
30TH SEPT

Sweet Potato & Bean Pie vg
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Peas  
Carrots  
~~~~~  
Custard 7
Fruit Pots vg

Savoury Mince
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
New Potatoes  
Seasonal Vegetables  
~~~~~  
Strawberry Mousse 7
Fruit Pots vg

Roast Chicken & Gravy
Bean Chilli vg
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Rustic Roast Potatoes  
Broccoli, Sweetcorn  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

Cajun Chicken 4
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Rice  
Cauliflower, Carrots  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

Gluten Free Battered Fish 8
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Chips, Peas  
Baked Beans, Carrot Sticks  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

WEEK 2

22ND APR
20TH MAY
24TH JUNE
22ND JULY
9TH SEPT
7TH OCT

Chicken Stew
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
New Potatoes  
Seasonal Vegetables  
~~~~~  
Ice Cream 7
Fruit Pots vg

BBQ Pulled Chicken Loaded Wedges
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Sweetcorn  
Courgettes  
~~~~~  
Chocolate Sauce 7
Fruit Pots vg

Roast Turkey & Gravy
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Rustic Roast Potatoes  
Cabbage, Carrots  
~~~~~  
Fruit Jelly vg
Yoghurt 3,7
Fruit Pots vg

Barley Free Vegetable Hot Pot vg
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Carrots  
Green Beans  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

Gluten Free Battered Fish 8
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Chips, Peas  
Baked Beans, Coleslaw 9  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

WEEK 3

29TH APR
3RD JUNE
1ST JULY
16TH SEPT
14TH OCT

Sweet Chicken Curry
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Rice  
Seasonal Vegetables  
~~~~~  
Custard 7
Fruit Pots vg

Chicken Pattie
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Mashed Potato  
Baked Beans  
~~~~~  
Broccoli
Fruit Pots vg

Roast Chicken & Gravy
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Rustic Roast Potatoes  
Green Beans, Carrots  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

Loaded Cajun Bean Wedges vg
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
New Potatoes  
Sweetcorn, Peppers  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

Gluten Free Battered Fish 8
Summer Frittata 7,9 V
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Chips, Peas  
Baked Beans, Cucumber Sticks  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

WEEK 4

6TH MAY
10TH JUNE
8TH JULY
23RD SEPT
21ST OCT

Jerk Chicken
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Sunshine Rice  
Cauliflower  
Carrots  
~~~~~  
Ice Cream 7
Fruit Pots vg

Stir Fried Singapore Vegetables
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
New Potatoes  
Seasonal Vegetables  
~~~~~  
Custard 7
Fruit Pots vg

Roast Chicken & Gravy
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Rustic Roast Potatoes  
Cabbage, Peas  
~~~~~  
Fruit Jelly vg
Yoghurt 7
Fruit Pots vg

Bolognaise on Half a Jacket
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Green Beans  
Sweetcorn  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

Gluten Free Battered Fish 8
Jackets with a
Choice of Toppings 7,8,9
~~~~~  
Chips, Peas  
Baked Beans, Coleslaw 9  
~~~~~  
Yoghurt 3,7
Fruit Pots vg

KEY:
VG Vegan
V Vegetarian

AVAILABLE DAILY:

Selection of Salads 9,
Homemade Bread 1,3,7,9.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



LOOK
OUT FOR
OUR THEMED
DAYS!

GLUTEN FREE
NON PORK
3 OPTIONS



1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard
5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs
12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten