

GLUTEN FREE MENU



WEEK 1

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>Sweet Potato & Bean Pie vG Jackets with a Choice of Toppings 7,8,9</p> <p>Peas Carrots</p> <p>Custard 7 Fruit Pots vG</p>	<p>Savoury Mince Jackets with a Choice of Toppings 7,8,9</p> <p>New Potatoes Seasonal Vegetables</p> <p>Strawberry Mousse 7 Fruit Pots vG</p>	<p>Roast Gammon & Gravy Bean Chilli vG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Broccoli, Sweetcorn</p> <p>Yoghurt 3,7 Fruit Pots vG</p>	<p>Cajun Chicken 4 Jackets with a Choice of Toppings 7,8,9</p> <p>Rice Cauliflower, Carrots</p> <p>Yoghurt 3,7 Fruit Pots vG</p>	<p>Gluten Free Battered Fish 8 Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas Baked Beans, Carrot Sticks</p> <p>Yoghurt 3,7 Fruit Pots vG</p>
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WEEK 2

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

<p>Chicken Stew Jackets with a Choice of Toppings 7,8,9</p> <p>New Potatoes Seasonal Vegetables</p> <p>Ice Cream 7 Fruit Pots vG</p>	<p>BBQ Pulled Pork Loaded Wedges Jackets with a Choice of Toppings 7,8,9</p> <p>Sweetcorn Courgettes</p> <p>Chocolate Sauce 7 Fruit Pots vG</p>	<p>Roast Chicken & Gravy Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Cabbage, Carrots</p> <p>Fruit Jelly vG Yoghurt 3,7 Fruit Pots vG</p>	<p>Barley Free Vegetable Hot Pot vG Jackets with a Choice of Toppings 7,8,9</p> <p>Carrots Green Beans</p> <p>Yoghurt 3,7 Fruit Pots vG</p>	<p>Gluten Free Battered Fish 8 Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas Baked Beans, Coleslaw 9</p> <p>Yoghurt 3,7 Fruit Pots vG</p>
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WEEK 3

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

<p>Sweet Chicken Curry Jackets with a Choice of Toppings 7,8,9</p> <p>Rice Seasonal Vegetables</p> <p>Custard 7 Fruit Pots vG</p>	<p>Gluten Free Sausage Pattie 6 Jackets with a Choice of Toppings 7,8,9</p> <p>Mashed Potato Baked Beans Broccoli</p> <p>Fruit Pots vG</p>	<p>Roast Pork & Gravy Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Green Beans, Carrots</p> <p>Yoghurt 3,7 Fruit Pots vG</p>	<p>Loaded Cajun Bean Wedges vG Jackets with a Choice of Toppings 7,8,9</p> <p>New Potatoes Sweetcorn, Peppers</p> <p>Yoghurt 3,7 Fruit Pots vG</p>	<p>Gluten Free Battered Fish 8 Summer Frittata 7,9 v Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas Baked Beans, Cucumber Sticks</p> <p>Yoghurt 3,7 Fruit Pots vG</p>
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WEEK 4

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

<p>Jerk Chicken Jackets with a Choice of Toppings 7,8,9</p> <p>Sunshine Rice Cauliflower Carrots</p> <p>Ice Cream 7 Fruit Pots vG</p>	<p>Stir Fried Singapore Vegetables Jackets with a Choice of Toppings 7,8,9</p> <p>New Potatoes Seasonal Vegetables</p> <p>Custard 7 Fruit Pots vG</p>	<p>Roast Chicken & Gravy Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Cabbage, Peas</p> <p>Fruit Jelly vG Yoghurt 7 Fruit Pots vG</p>	<p>Bolognaise on Half a Jacket Jackets with a Choice of Toppings 7,8,9</p> <p>Green Beans Sweetcorn</p> <p>Yoghurt 3,7 Fruit Pots vG</p>	<p>Gluten Free Battered Fish 8 Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas Baked Beans, Coleslaw 9</p> <p>Yoghurt 3,7 Fruit Pots vG</p>
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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 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