



GLUTEN-FREE

Week 1

31/10/2022, 21/11/2022, 12/12/2022, 09/01/23, 30/01/2023, 27/02/2023, 20/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken with Herby Diced Potatoes	Roast Chicken with 50/50 Rice	Roast British Beef	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Vegetable Biryani (VE)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
Margherita Pizza with Wedges (Gluten-free pizza base & gluten-free tomato sauce)(V)	Rustic Italian Meatball Linguine (VE) (Gluten-free Pasta & Gluten-free tomato based sauce)			
Carrots	Broccoli	Cauliflower	Broccoli	Peas
Green Beans	Corn on the Cob	Peas	Cabbage	Baked Beans
Vanilla Ice Cream Tub (V)	Fruit Jelly (VE)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Organic Fruit Yoghurt (V)

Wrap Fillings: Hot Ham & Cheese Melt, Tuna Mayo (Cold)

GLUTEN-FREE

Week 2

07/11/2022, 28/11/2022, 19/12/2022, 16/01/2023, 06/02/2023, 06/03/2023, 27/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Creamy Chicken Korma with Rice	Sticky Chicken with Jollof Rice	Roast Chicken with Mash & Gravy	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Gluten-free wrap with a choice of filling	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)
		Sweet Potato & Chickpea Tikka Masala with Rice (VE)		
Peas	Green Beans	Broccoli	Cabbage	sweetcorn
Baked Beans	Corn on the Cob	Cauliflower	Carrots	Peas
Organic Fruit Yoghurt (V)	Strawberry Iced fruit Smoothies (VE)	Vanilla Ice Cream Tub (V) or Organic Fruit Yoghurt (V)	Fresh Fruit Platter (VE)	Gluten-free vanilla cookie (V)

Wrap Fillings: Hot Ham & Cheese Melt, Tuna Mayo (Cold)

GLUTEN-FREE

Week 3

14/11/2022, 05/12/2022, 02/01/2023, 23/01/2023, 20/02/2023, 13/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger with Wedges (Use Gluten-free roll with AW22 burger patty)		Margherita Pizza with Wedges (Gluten-free pizza base & gluten-free tomato sauce)(V)		Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Cheese & Potato Bake (V) (Gluten-free flour)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) (Gluten-free pasta and no lentils)	
	Spaghetti Bolognese (VE) (Gluten-free pasta & no lentils)	Potato Dippers topped with Cauliflower & Lentil Curry (VE)	Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Gluten-free wrap)
Peas	Sweetcorn	Baked Beans	Broccoli	Peas
Corn on the Cob	Green Beans	Broccoli	Cauliflower	Carrots
Organic Fruit Yoghurt (V)	Vanilla Ice Cream Tub (V)	Fresh Fruit Platter (VE)	Fruit Jelly (VE)	Gluten-free vanilla sponge (V) or Organic Fruit Yoghurt (V)

Wrap Fillings: Hot Ham & Cheese Melt, Tuna Mayo (Cold)



DAIRY-FREE

Week 1

31/10/2022, 21/11/2022, 12/12/2022, 09/01/23, 30/01/2023, 27/02/2023, 20/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Golden Dippers with Wedges (VE)	BBQ Chicken with Herby Diced Potatoes	Roast Chicken with 50/50 Rice	Roast British Beef	Breaded Fish Fingers with Oven Baked Chips
Vegetable Biryani (VE)	Freshly Baked Baguette with a Choice of Filling (White)	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Tomato Pasta (VE) (No cheese)	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)
	Rustic Italian Meatball Linguine (VE)		Mince & Onion Puff (VE)	Lightly Spiced Rogan Josh with Rice (VE)
Carrots	Broccoli	Cauliflower	Broccoli	Peas
Green Beans	Corn on the Cob	Peas	Cabbage	Baked Beans
Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Sticky Toffee Pudding (V) (No custard)	Fresh Fruit Platter (VE)	Marble Cake (V) (No custard)

Wrap Fillings: Ham or Tuna Mayo (Cold)

DAIRY-FREE

Week 2

07/11/2022, 28/11/2022, 19/12/2022, 16/01/2023, 06/02/2023, 06/03/2023, 27/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato pasta (VE) (No cheese)	Creamy Chicken Korma with Rice	Sticky Chicken with Jollof Rice	British Pork Sausage with Mash & Gravy (No Yorkshire Pudding)	Battered Fish Fillet with Oven Baked Chips
Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Freshly Baked Baguette with a Choice of Filling (White)	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Freshly Baked Baguette with a Choice of Filling (White)	Tomato Pasta (VE) (No cheese)
Sausage Roll with Potato Dippers (VE)	Crispy Vegetable Fingers with Wedges (VE)	Sweet Potato & Chickpea Tikka Masala with Rice (VE)		Mexican Style Fajita with Oven Baked Chips (VE)
Peas	Green Beans	Broccoli	Cabbage	sweetcorn
Baked Beans	Corn on the Cob	Cauliflower	Carrots	Peas
Banana Sponge (V) (No custard)	Strawberry Iced fruit Smoothies (VE)	Oaty Fruit Crunch (No Custard) (V)	Fresh Fruit Platter (VE)	Vanilla Cookie (VE)

Wrap Fillings: Ham or Tuna Mayo (Cold)

DAIRY-FREE

Week 3

14/11/2022, 05/12/2022, 02/01/2023, 23/01/2023, 20/02/2023, 13/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Wedges	Honey Mustard Chicken with 50/50 Rice.		Beef Mince & Onion Pie with Mash	Breaded Fish Fingers with Oven Baked Chips
	Freshly Baked Baguette with a Choice of Filling	Jacket Potato with Beans(VE) or Tuna Mayo (no cheese)	Tomato Pasta (VE) (No cheese)	Spanish Style Pieces (VE) with Rice.
Crispy Country Bake Burger in a Bun with Wedges (VE)	Spaghetti Bolognese (VE)	Potato Dippers topped with Cauliflower & Lentil Curry (VE)	Sausage Casserole & Mash (VE)	Wrap Stack with Oven Baked Chips (No cheese) (VE)
Peas	Sweetcorn	Baked Beans	Broccoli	Peas
Corn on the Cob	Green Beans	Broccoli	Cauliflower	Carrots
Peach & Apple Crumble (No Custard) (V)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fruit Jelly (VE)	Cinnamon Apple Sponge (No Custard) (VE)

Wrap Fillings: Ham or Tuna Mayo (Cold)



GLUTEN & DAIRY-FREE

Week 1

31/10/2022, 21/11/2022, 12/12/2022, 09/01/23, 30/01/2023, 27/02/2023, 20/03/2023

Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken with Herby Diced Potatoes	Roast Chicken with 50/50 Rice	Roast British Beef	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Vegetable Biryani (VE)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Tomato Pasta (VE) (Use Gluten & Dairy-Free recipe)	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)
Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Rustic Italian Meatball Linguine (VE) (Gluten-free Pasta & Gluten-free tomato based sauce)			
Carrots	Broccoli	Cauliflower	Broccoli	Peas
Green Beans	Corn on the Cob	Peas	Cabbage	Baked Beans
Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)

Wrap Fillings: Ham or Tuna Mayo (Cold)

GLUTEN & DAIRY-FREE

Week 2				
07/11/2022, 28/11/2022, 19/12/2022, 16/01/2023, 06/02/2023, 06/03/2023, 27/03/2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta (VE) (Use Gluten & Dairy-Free recipe)	Creamy Chicken Korma with Rice	Sticky Chicken with Jollof Rice	Roast Chicken with Mash & Gravy	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Gluten-free wrap with a choice of filling	Tomato Pasta (VE) (Use Gluten & Dairy-Free recipe)
		Sweet Potato & Chickpea Tikka Masala with Rice (VE)		
Peas	Green Beans	Broccoli	Cabbage	sweetcorn
Baked Beans	Corn on the Cob	Cauliflower	Carrots	Peas
Fresh Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Fresh Fruit Platter (VE)	Gluten-free vanilla cookie (V)

Wrap Fillings: Ham or Tuna Mayo (Cold)

GLUTEN & DAIRY-FREE

Week 3				
14/11/2022, 05/12/2022, 02/01/2023, 23/01/2023, 20/02/2023, 13/03/2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger with Wedges (Use Gluten-free roll with AW22 burger patty)				Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Tomato Pasta (VE) (Use Gluten & Dairy-Free recipe)	
	Spaghetti Bolognese (VE) (Gluten-free pasta & no lentils)	Potato Dippers topped with Cauliflower & Lentil Curry (VE)	Jacket Potato with Beans(VE), or Tuna Mayo (No cheese)	Wrap Stack with Oven Baked Chips (Gluten-free wrap & No cheese) (VE)
Peas	Sweetcorn	Baked Beans	Broccoli	Peas
Corn on the Cob	Green Beans	Broccoli	Cauliflower	Carrots
Fresh Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fruit Jelly (VE)	Gluten-free vanilla sponge (V)

Wrap Fillings: Ham or Tuna Mayo (Cold)