This week is...
○ Week 1 ○ Week 2 ○ Week 3

AUTUMN / WINTER MENU (Gluten/Dairy free)

bam

		Family Favourites Monday	Around the World Tuesday	Pasta Town Wednesday	Great British Roast Thursday	FRESH FISH FRIDAY
WEEK 1	Choice 1	GFDF Chicken Wrap	GFDF Chicken and Vegetable Curry	Beef Bolognese	Roast Chicken	GFDF Fish Fingers
	Served with	GFDF Pasta Salad (V)	50/50 Rice, Peas (V)	GFDF Pasta, GFDF Garlic Bread (V)	Roast Potatoes, Broccoli, Diced Carrots, Gravy (V)	Chips, Beans (V)
	Dessert	GFDF Chocolate Brownie (V)	Fresh Fruit Slices (VG)	Fruit Jelly	Watermelon Slice (VG)	GFDF Apple Flapjack (V)
WEEK 2	Choice 1	GFDF Sausages (V)	Mild Chilli Con Carne (V)	Chicken Fajita (V)	Roast Beef (V)	GFDF Fish Fingers
	Served with	Boiled Potatoes, Green beans, Diced Carrots, Gravy (VG)	50/50 Rice, Nachos (V)	GFDF Pasta, Mixed Vegetables (V)	New Potatoes, Cauliflower, Cabbage and gravy (VG)	Chips, Peas (VG)
	Dessert	Alpro (V)	Fresh Fruit Slices (VG)	GFDF Chocolate Muffin (V)	Watermelon Slice (VG)	GFDF Flapjack (V)
WEEK 3	Choice 1	GFDF Ham and Pineapple Pizza	GFDF Sausages (V)	Chicken in Tomato and Basil Sauce (V)	Roast Turkey (V)	GFDF Fish Fingers (V)
	Served with	Diced Potatoes, Sweetcorn (VG)	Confetti Rice, Ketchup (V)	GFDF Pasta, Mixed Salad (V)	GFDF Mashed Potato , Country Vegetables, Gravy (VG)	Chips, Beans (VG)
	Dessert	Fruit Jelly Pot (VG)	Fresh Fruit Slice (VG)	GFDF Brownie (V)	Watermelon Slice (VG)	Baked Pineapple with Alpro (V)

1110/01/21

Weeks starting:

Week 1: 31st Aug, 21stSept, 12th Oct, 9th Nov, 30th Nov
Week 2: 7th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec
Week 3: 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec
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Fresh fruit and yoghurt available daily as an alternative to dessert!

Do you need help?

If your child has a medically diagnosed dietary requirement which cannot be met by this menu please contact our office on 01278 427171.

V Vegetarian

VG Vegan / plant-based