Main Menu (Gluten Intolerance) – Week 1

w/c 2nd Nov / 23rd Nov / 14th Dec / 18th Jan / 15th Feb / 8th Mar

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	(GF) Chicken Curry	(GF) Italian Style Pasta Bolognese	(GF) BBQ Pulled Pork in a Wrap	(GF) Roast Chicken	Italian Theme Day (GF) Margarita Pizza
Sides & Vegetables	Steamed Rice (GF) Wrap Farmhouse Mixed Veg	Baby Carrots (GF) Wrap	Oven Baked Wedges Sweetcorn	Mashed Potatoes Broccoli & Carrots Gravy	Tomato Sauce Chips Baked Beans / Garden Peas
Dessert	(GF) Chocolate Crunch & Custard (VE) Fruit or (V) Yoghurt	(GF) Fruit Muffin (VE) Fruit or (V) Yoghurt	(GF) Chocolate Cake (VE) Fruit or (V) Yoghurt	(GF)Shortcake Biscuit & (VE) Peaches (VE) Fruit or (V) Yoghurt	(GF) Ice Cream & (VE) Fruit (VE) Fruit or (V) Yoghurt

⚠ **Allergen & Dietary Information Key**: (V) Vegetarian | (VE) Vegan | (GF) Gluten-Free | (DF) Dairy-Free

Main Menu (Gluten Intolerance) – Week 2

w/c 9th Nov / 30th Nov / 4th Jan / 25th Jan / 22nd Feb / 15th Mar

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	(GF) Cheese & Tomato Pasta	(GF) Chicken Nugget Wrap	(GF) Chinese Style Pork	(GF) Braised Beef	Italian Theme Day (GF) Margarita Pizza
Sides & Vegetables	(GF) Wrap Winter Salad Mixed Veg	Oven Baked Crispy Sliced Potatoes Peas	Steamed Rice Sweetcorn	Mashed Potatoes Broccoli & Baby Carrots Gravy	Tomato Sauce Chips Baked Beans or Garden Peas
Dessert	(GF) Madeline Sponge & Custard or (VE) Fruit or (V) Yoghurt	(GF) Chocolate Mousse or (VE) Fruit or (V) Yoghurt	(GF) Shortcake Sultanas & Custard or (VE) Fruit or (V) Yoghurt	(GF) Chocolate Muffin & (VE) Peaches or (VE) Fruit or (V) Yoghurt	(GF) Ice Cream & (VE) Fruit or (VE) Fruit or (V) Yoghurt

⚠ **Allergen & Dietary Information Key**: (V) Vegetarian | (VE) Vegan | (GF) Gluten-Free | (DF) Dairy-Free

Main Menu (Gluten Intolerance) – Week 3

w/c 16th Nov / 7th Dec / 11th Jan / 1st Feb / 1st Mar

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	(GF) Margarita Pizza	(GF) Sausage Potato Topped Pie	(GF) Pasta Bolognese	(GF) Chicken	(GF) Fish
Sides & Vegetables	Oven Baked Wedges Baked Beans	Farmhouse Mixed Vegetables	(GF) Wrap Sweetcorn	Oven Baked Roast Potatoes Broccoli & Baby Carrots Gravy	Tomato Sauce Chips Garden Peas
Dessert	(GF) Sliced Banana & Caramel Mousse or (VE) Fruit or (V) Yoghurt	(GF) Chocolate Sponge & Meadowland or (VE) Fruit or (V) Yoghurt	(GF) Mango Smoothie & Mandarins or (VE) Fruit or (V) Yoghurt	(GF) Vanilla Sponge or (VE) Fruit or (V) Yoghurt	(GF) Chocolate Muffin or (VE) Fruit or (V) Yoghurt

⚠ **Allergen & Dietary Information Key**: (V) Vegetarian | (VE) Vegan | (GF) Gluten-Free | (DF) Dairy-Free