

WEEK ONE Gluten Free

w/c 31st Oct, 21st Nov, 12th Dec, 2th Jan, 23rd Jan, 13th Feb, 5th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Bacon, Pea and Mushroom Risotto	Piri Piri Chicken Thigh with Spicy Rice	Twice Cooked Belly of Pork with Roast Potatoes NO Gravy	Katsu Chicken Curry with Wholegrain Rice*	Fillet White Fish with Chips
Alternative Dish	Penne Pasta Vegetable Bake* Gluten free pasta	Jacket Potato with Cheese and Beans	Pulled Quorn Wrap with Chips Gluten Free Wrap Roast Potatoes	Goan Vegetable Curry With Wholegrain Rice	Gluten Free Fish Fingers with Chips
Bread	Healthy Salad	Healthy Salad	Healthy Salad	Healthy Salad	Healthy Salad
Vegetables	Carrots Broccoli	AppleSlaw Sweetcorn	Pickled Red Cabbage Swede	Crunchy Salad Mixed Greens	Chilli Crushed Peas Houseslaw
Desserts	Banana with Custard	Peach Melba Slice	Fresh Fruit Salad	Eton Mess	Yoghurt with Warm Berry Compote

WEEK TWO Gluten Free

w/c 7th Nov, 28th Nov, 19th Dec, 9th Jan, 30th Jan, 20th Feb, 19th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Teriyaki Salmon With Wholegrain Rice*	Jerk Chicken with Rice and Peas	Roast Beef with Roast Potatoes No Gravy	Chipotle BBQ Pork with Mash	Fillet White Fish with Chips
Alternative Dish	Jacket Potato with Tuna Mayonnaise	Loaded Skins with Cheese and Chives served with Baked Beans	Vegetable Hot Pot	Piri Butternut Squash and Halloumi Cous Cous	Gluten Free Fish Fingers with Chips
Bread	Healthy Salad	Healthy Salad	Healthy Salad	Healthy Salad	Healthy Salad
Vegetables	Sweet Chilli Broccoli Crunchy Salad	Red Slaw Stir Fry Greens	Carrots Cauliflower	Sweetcorn Chilli Beans	Garden Peas House slaw
Desserts	Eton Mess	Banana with Vanilla Ice Cream	Berry Fool	Vanilla & Coconut Rice Pudding	Seasonal Fruit Salad (fruit based)

WEEK THREE Gluten Free

w/c 14th Nov, 5th Dec, 26th Dec, 16th Jan, 6th Feb, 27th Feb

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Bangers and Mash NO GRAVY	Chicken Tikka Masala Curry with Sticky Jasmine Rice	Roast Turkey with Roast Potatoes No Gravy	Ultimate Beef Burger	Fillet White Fish with Chips
Alternative Dish	Mexican Veg Fajita with Tex Mex Wedges Gluten Free Wrap	Butternut Squash and Chickpea Balti with Basmati Rice	Vegetable Frittata Roast Potatoes	Sweet Potato and Black Bean Enchilada with Cous Cous Gluten Free Wrap	Gluten Free Fish Fingers with Chips
Bread	Healthy Salad	Healthy Salad	Healthy Salad	Healthy Salad	Healthy Salad
Vegetables	Cheesy Beans Sweetcorn	Coconut and Green Bean Stir Fry Raitta	Seasonal Cabbage Carrots	Red Slaw Healthy Salad	Garden Peas Roast Tomato with a Parsley Crust
Desserts	Eton Mess	Mango Fool	Banana with Custard	Vanilla Ice Cream with Fresh Pineapple	Fresh Fruit Salad