



# Gluten Free Menu April-July 2022

Gluten Free Menu April-July 2022				
		Week One 18 Apr, 9 May, 6 Jun, 27 Jun, 18 Jul	Week Two 25 Apr, 16 May, 13 Jun, 4 Jul	Week Three 2 May, 23 May, 20 Jun, 11 Jul
Monday	Option 1	GF Pizza	GF Cheesy Pasta	GF Pizza
	Option 2			
	served with	Wedges Peas & Sweetcorn	Mixed Vegetable & Sweetcorn	GF Pasta Peas & Sweetcorn
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	Ice Cream Pot Fresh Fruit/Jelly	Raspberry Ripple Mousse Fresh Fruit/Jelly	Ice Cream Pot Fresh Fruit/Jelly
Tuesday	Option 1	GF Bolognese	Chicken & Sweetcorn Casserole	GF Sausage
	Option 2		Cheesy Topped Leek & Potato Pie	
	served with	Mixed Salad	New Potatoes Carrots & Green Beans	1/2 Jacket Potato Baked Beans & Cucumber Sticks
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	Krispie Cake Fresh Fruit/Jelly	Fresh Fruit/Jelly	GF Shortbread Fresh Fruit/Jelly
Wednesday	Option 1	Roast Turkey & Gravy	Roast Pork & Gravy	Roast Gammon & Gravy
	Option 2			
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly
Thursday	Option 1	GF Baked Sausage	GF Sausage	GF Pasta Bolognese
	Option 2			
	served with	Creamed Potatoes Baked Bean & Sweetcorn	GF Pasta Cucumber & Carrot Sticks	Mixed Vegetables & Broccoli
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	Frozen Smoothie Fresh Fruit/Jelly	Frozen Smoothie Fresh Fruit/Jelly	Frozen Smoothie Fresh Fruit/Jelly
Friday	Option 1	GF Fish Fingers	GF Fish Fingers	GF Fish Fingers
	Option 2			
	served with	Chips Peas & Salad Sticks	Chips Baked Beans & Peas	Chips Baked Beans & Sweetcorn
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly
Suitable for Vegetarians  Suitable for Vegans & Vegetarians  Contains Fish		All items are subject to availability  Bread, Salad and fresh drinking water are available with every meal  <a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a>		