

Gluten Free Autumn/Winter – Daily Lunch Menu 1

Weeks commencing; 06/09/21, 27/09/21, 18/10/21, 15/11/21, 06/12/21, 10/01/22, 31/01/22 *if you wish to do meat free days omit the red text.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>• Spaghetti Bolognese (Gluten Free Pasta, No oxo No Worchester sauce in the sauce)</p> <p>Gluten Free Bread Mix(MXS094) Mixed Veg</p> <p>• GF orange shortcake & Custard</p>	<p>Chicken Fillet Vegetable Rice Sweetcorn Niblets</p> <p>• GF Chocolate Sponge & Custard</p>	<p>Gammon & Pineapple Saute' potatoes Cauliflower & Broccoli florets</p> <p>• GF Melting Moment & Fruit</p>	<p>• Pizza (using GF base or GF flour for homemade)</p> <p>Garlic Wedges Baked Beans</p> <p>Vegan Ice cream & Peaches</p>	<p>Gluten Free Salmon Fish Fingers (410036) & Tomato Sauce Chips Garden Peas</p> <p>• GF Banana Muffin</p>

School to supply *Gluten free flour / Gluten free pasta / Gluten free sausages / Gluten free Yorkshire puddings*

Fishfingers

Gluten Free Salmon fishfingers available from Hopwells:- code 410036

Choice of Desserts

Week 1 - Ice cream - gluten free

Week 2 - Ice cream - gluten free,

Week 3 - Frozen Yoghurt - gluten free

Tinned fruit, fresh fruit and yoghurts - gluten free

Cook to make batches of muffins, chocolate crunch, shortcake and biscuits using gluten free flour (supplied by school) which can be frozen. Where possible desserts to be similar to main menu e.g. gluten free chocolate crunch served on chocolate pudding days.

Gluten Free Autumn/Winter – Daily Lunch Menu 2

Weeks commencing; 13/09/21, 04/10/21, 01/11/21, 22/11/21, 13/12/21, 17/01/22, 07/02/22 if you wish to do meat free days omit the red text.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>•GF Ham Pizza Pasta No oxo No Worcester sauce in the sauce) Mixed Veg</p> <p>GF Bread Bun & Sweetcorn</p> <p>•GF Melting Moment & Milkshake</p>	<p>• GF Plant Balls in Tomato Sauce (No oxo No Worcester sauce in the sauce)</p> <p>Steamed rice & Mixed vegetables</p> <p>•GF Eves Pudding & Custard</p>	<p>• Roast Chicken & GF Homemade Yorkshire Pudding Gravy</p> <p>Mashed Potato Baby Carrots & Green Beans</p> <p>Code810006 Frozen Raspberry Yogurt & Fruit</p>	<p>• Pulled Pork in •Gluten Free Bread Mix(MXS094) Plain Wedges Coleslaw & Vegetable Sticks</p> <p>•GF Chocolate Crunch & Custard</p>	<p>GF Fish code 410035 •Gluten Free Bread Mix(MXS094) & Tomato Sauce</p> <p>Chips Garden Peas</p> <p>•Gluten Free Lemon Drizzle & Custard</p>

Gluten Free Autumn/Winter – Daily Lunch Menu 3

Weeks commencing; 20/09/21, 11/10/21, 08/11/21, 29/11/21, 03/01/22, 24/01/22, 14/02/22 if you wish to do meat free days omit the red text.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>GF Sausage & Onion Gravy</p> <p>Mashed Potato Baby Carrots & Broccoli.</p> <p>Frozen Yoghurt & Fruit</p>	<p>• Italiano Style Chicken Breast (replace with Vegan Cheese CHF020) & GF Pasta in Tomato Sauce (No oxo No Worchester sauce in the sauce) Oven Baked Wedges Sweetcorn</p> <p>*GF Chocolate Crunch & Mandarins</p>	<p>• GF Chinese Style Pork</p> <p>Broccoli Mixed Vegetable Rice</p> <p>• GF Chocolate sponge & Custard</p>	<p>• Braised Steak & Homemade GF Yorkshire Pudding Oven Roast Potatoes Baby Carrots & Cauliflower</p> <p>• GF Melting Moment & Apple</p>	<p>GF Fish Fillet code 410035 & Tomato Sauce Chips</p> <p>Garden Peas</p> <p>• GF Toffee Apple Crumble & Custard</p>

• Denotes dishes made in the kitchen