

NGCI (Non gluten containing ingredients menu) Autumn / Winter Term Menu Week
Weeks commencing;05/09/22,26/09/22,17/10/22,14/11/22,05/12/22,09/01/23,30/01/23

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Pasta Crusty Roll Peas & Sweetcorn Chocolate Crunch & Mandarins	Beef Burger in a GF Bread Bun Oven Baked Potato Wedges Baked Beans Rice Pudding & Jam Sauce	Roast Gammon Yorkshire Pudding Gravy Mashed Potato Cauliflower & Broccoli Chocolate Sponge & Cream	Chicken Wraps Mixed Vegetable Rice Winter Salad Apple Crumble & Custard	Fillet of Fish & Tomato Sauce Chips Garden Peas & Sweetcorn Madeline Sponge & Custard

NGCI (Non gluten containing ingredients menu) Autumn/ Winter Term Menu Week 2
Weeks commencing; 12/09/22, 03/10/22, 31/10/22, 21/11/22, 12/12/22, 16/01/23, 06/02/23

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cottage Pie</p> <p>Baby Carrots & Broccoli</p> <p>Chocolate Crunch & Cream</p>	<p>Breaded Chicken Goujons & Dipping Sauces</p> <p>Potato Wedges Coleslaw & Vegetable Sticks</p> <p>Lemon Drizzle & Custard</p>	<p>Roast Beef or Braised Steak Yorkshire Pudding Gravy</p> <p>Roast potatoes</p> <p>Broccoli & Cauliflower</p> <p>Apple Crisp & Custard</p>	<p>Chicken Korma</p> <p>Rice</p> <p>Mixed Vegetables</p> <p>Ice-cream & Peaches</p>	<p>Fillet of Fish & Tomato Sauce</p> <p>Chips</p> <p>Garden Peas & Baked Beans</p> <p>Shortcake & fresh Fruit Salad</p>

NGCI (Non gluten containing ingredients menu) Autumn / Winter Term Menu 3

Weeks commencing; 19/09/22, 10/10/22, 07/11/22, 28/11/22, 02/01/23, 23/01/23

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese	Homemade Chicken Pie	Roast Pork Apple Sauce & Gravy	All Day Breakfast Bacon, Sausage, Grilled Tomato	Salmon Fish Fingers & Tomato Sauce
Mixed Vegetables	Mashed Potato Baby Carrot & Green Cabbage	Roast Potatoes Carrot & Swede & Broccoli	Hash Brown, Baked Beans	Chips Garden peas
Tutti-Fruiti Cake & Custard	Chocolate Crunch with Mandarins	Pineapple Upside Down & Custard	Blueberry Muffins	Chocolate Sponge & Chocolate Sauce