



REAL FOOD FOR REAL ENERGY

# Gluten & Dairy Free Menu - April - October 2024

		Week One	Week Two	Week Three
		15/04, 06/05, 03/06, 24/07, 15/07, 07/09, 23/09, 14/10	22/04, 13/05, 10/06, 01/07, 09/09, 30/09, 21/10	29/04, 20/05, 17/06, 08/07, 16/09, 07/10
Monday	Option 1	Chicken Steak	GF*Margherita Pizza	GF Tomato Pasta
	Option 2			
	served with	Potato Wedges Baked Beans & Peas	1/2 Jacket Potato Baked Beans & Peas	Peas & Sweetcorn
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	
Tuesday	Option 1	Sticky pork and Pineapple	Beef Bolognese	Chicken Tacos
	Option 2		Veggie Bolognese	*Veggie Tacos
	served with	Rice Sweetcorn Salad	GF Pasta Carrots & Green Beans	Rice Carrots & Sweetcorn
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	GF Shortbread Fresh Fruit/Jelly	GF Shortbread Fresh Fruit/Jelly	GF Shortbread Fresh Fruit/Jelly	
Wednesday	Option 1	Roast Gammon & Gravy	Roast Chicken & Gravy	GF Sausage & Gravy
	Option 2	*Cheesy Leek & Potato Pie		
	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 Pizza Pinwheel	GF Sausage	Beef Meatballs
	Option 2			
	served with	Crushed new Potatoes Coleslaw & Cucumber	GF Pasta Salad Coleslaw & Mixed Salad	GF Pasta Broccoli & Mixed Vegetables
	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	Golden Krispie Cake Fresh Fruit/Jelly	
Friday	Option 1	GF Fish Fingers	GF Fish Fingers	GF Fish Fingers
	Option 2			
	served with	Chips Baked Beans & Sweetcorn	Chips Baked Beans & Sweetcorn	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

All Items with \* can be made Vegan Friendly

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