



REAL FOOD FOR REAL ENERGY

Gluten Free Menu - April - October 2025

		Week One	Week Two	Week Three
		21/04, 12/05, 09/06, 30/06, 14/07, 01/09, 22/09, 13/10	28/04, 19/05, 16/06, 07/07, 08/09, 29/09	05/05, 02/06, 23/06, 14/07, 15/09, 06/10
Monday	Option 1	GF Pasta Provencale	GF Cheesy Pasta	GF Pizza
	Option 2			
	served with	Baked Beans & Peas	Mixed Salad & Sweetcorn	GF Pasta Coleslaw & Sweetcorn Salad
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Dessert	Ice Cream Fruit Jelly or Fresh Fruit	Ice Cream Fruit Jelly or Fresh Fruit	Ice Cream Fruit Jelly or Fresh Fruit	
Tuesday	Option 1	Mexican Chicken	Beef Tacos	GF Baked Sausages
	Option 2		*Veggie Tacos	
	served with	Rice Carrot Batons & Shredded Lettuce	Rice Roasted Mediterranean Vegetables	Mashed Potatoes Baked Beans & Peas
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Dessert	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
Wednesday	Option 1	Roast Chicken	GF Sausage	Roast Chicken
	Option 2	Carrot & Lentil Bake		
	served with	Roast Potatoes Green Beans & Mixed Vegetables	Roast Potatoes Diced Carrots & Broccoli	Roast Potatoes Cauliflower & Diced Carrots
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Dessert	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
Thursday	Option 1	GF Meaty Pizza	GF Pork Meatballs	Gammon Ham
	Option 2	Vegetable Frittata		
	served with	Saute Potatoes Mixed Salad & Coleslaw	GF Pasta Mixed Vegetables & Green Beans	Potato Puffs Cucumber Sticks & Grated Carrot Salad
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Dessert	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
Friday	Option 1	GF Fish Fingers	GF Fish Fingers	GF Fish Fingers
	Option 2			
	served with	Chips Baked Beans & Sweetcorn	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	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
Suitable for Vegetarians Suitable for Vegans & Vegetarians Contains Fish		All items are subject to availability All Items with * can be made Vegan Friendly www.wholeschoolmeals.co.uk		