

WHOLE SCHOOL MEALS - GLUTEN & DAIRY FREE MENU - NOVEMBER 2021 - MARCH 2022

WH

Weeks 22-Nov 03-Jan 24-Jan 21-Feb 14-Mar	Optn 1	Jacket Potato Beans	Chicken Goujons (do not coat chicken)	Roast Pork with Apple Sauce & Gravy	Bolognese	GF Fish Fingers
	Optn 2		Crushed New Potatoes	Roast/Boiled Potatoes	GF Pasta	Chips/Pasta
			Broccoli & Carrots	Local Seasonal Vegetables & Cooks Choice	Mixed Vegetables & Broccoli	Baked Beans & Sweetcorn
	Opt 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato (vg) with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	Frozen Fruit Smoothie Fresh Fruit/Jelly (vg)	GF Cookie Fresh Fruit/Jelly (vg)	Frozen Fruit Smoothie Fresh Fruit/Jelly (vg)	GF Cookie Fresh Fruit/Jelly (vg)	Chocolate Krispie Cake Fresh Fruit/Jelly (vg)
Weeks 29-Nov 10-Jan 31-Jan 28-Feb 21-Mar	Optn 1	GF Tomato Pasta(vg)	Meatballs in Tomato Sauce (do not add stuffing)	Roast Chicken Thigh & Gravy	Savoury Minced Beef & Gravy	GF Breaded Fish
	Optn 2	Veggie Stir Fry with Rice (vg)	GF Pasta	Roast/Boiled Potatoes	Creamed Potatoes	Chips/Pasta
		Peas & Mixed Vegetables	Broccoli & Carrots	Local Seasonal Vegetables & Cooks Choice	Cauliflower & Green Beans	Baked Beans & Peas
	Opt 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato (vg) with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	GF Cookie Fresh Fruit/Jelly (vg)	GF Cookie Fresh Fruit/Jelly (vg)	Frozen Fruit Smoothie (vg) & Fruit Fresh Fruit/Jelly (vg)	GF Cookie Fresh Fruit/Jelly (vg)	Frozen Fruit Smoothie Fresh Fruit/Jelly (vg)
Weeks 06-Dec 17-Jan 07-Feb 07-Mar 28-Mar	Optn 1	GF Pizza (use vegan cheese)	Chicken Tacos (use vegan cheese)	Roast Gammon & Gravy	GF Sausages & Gravy	GF Fish Fingers
	Optn 2	Jacket Wedges	Savoury Rice	Roast/Boiled Potatoes	Creamed Potatoes	Chips/Pasta
		Peas & Sweetcorn	Carrots & Green Beans	Local Seasonal Vegetables & Cooks Choice	Swede & Broccoli	Baked Beans & Sweetcorn
	Opt 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	GF Cookie Fresh Fruit/Jelly (vg)	GF Cookie Fresh Fruit/Jelly (vg)	Frozen Fruit Smoothie Fresh Fruit/Jelly (vg)	GF Cookie Fresh Fruit/Jelly (vg)	Frozen Fruit Smoothie Fresh Fruit/Jelly (vg)