

<div><div><div>whole SCHOOL meals</div><div>REAL FOOD FOR REAL ENERGY</div></div></div>		Gluten Free Menu - October 2025 - March 2026		
		Week One 27/10, 17,11, 08/12, 09/01, 26/01, 23/02, 16/03	Week Two 03/11, 24/11, 12/01, 02/02, 02/03, 23/03	Week Three 10/11, 01/12, 19/01, 09/03, 30/03
Monday	Option 1	Vegetable Pasta Bake (GF Pasta) 	Mixed Bean Pasta Bake (GF pasta) 	Tomato Pasta (GF Pasta) 
	served with	Mixed Vegetables	Peas & Sweetcorn	Mixed Vegetables
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
	Dessert	Yoghurt & Fruit Compote  Fruit Jelly or Fresh Fruit 	Yoghurt & Fruit Compote  Fruit Jelly or Fresh Fruit 	Yoghurt & Fruit Compote  Fruit Jelly or Fresh Fruit 
Tuesday	Option 1	Mexican Beef	Spicy Chicken	Mexican Beef Pasta (GF) Bake
	Option 2		Sweet Potato & Spinach Dhal 	
	served with	Vegetable Rice Carrots & Green Beans	Savoury Rice Broccoli & Mixed Vegetables	Carrots & Peas
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
Wednesday	Option 1	Roast Chicken & Gravy	Roast Pork & Gravy	GF Sausages & Gravy
	Option 2			
	served with	Rustic Roasties Cabbage & Sweetcorn	Rustic Roasties Swede & Peas	Mashed Potato Sweetcorn & Baked Beans
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
Thursday	Option 1	Pork Meatballs (omit stuffing)	Beef Bolognese	Curried Chicken Chunks
	Option 2			Vegetable Frittata 
	served with	GF Pasta Broccoli & Carrots	GF Pasta Carrots & Sweetcorn	Rainbow Rice Cauliflower & Peas
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
Friday	Option 1	GF Fish Fingers 	GF Fish Fingers 	GF Fish Fingers 
	Option 2			
	served with	Skin on Fries Baked Beans & Sweetcorn	Skin on Fries Baked Beans & Peas	Skin on Fries Peas & Sweetcorn
	Option 3	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 	Jacket Potato with *Cheese & Beans 
<div><div><div>Suitable for Vegetarians</div><div>Suitable for Vegans & Vegetarians</div><div>Contains Fish</div></div></div>		All items are subject to availability		
		All Items with * can be made Vegan Friendly		
		www.wholeschoolmeals.co.uk		
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