



REAL FOOD FOR REAL ENERGY

Menu Gluten & Dairy Intolerant November 2022 - March 2023

		Week One	Week Two	Week Three
		31 Oct, 21 Nov, 2 Jan, 23 Jan, 20 Feb, 13 Mar	07 Nov, 28 Nov, 9 Jan, 30 Jan, 27 Feb, 20 Mar	14 Nov, 05 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar
Monday	Option 1	Jacket Potato with Sheese & Beans	Veggie Tacos (made with sheese)	GF Pizza (made with sheese)
	Option 2			
	served with	Peas & Sweetcorn	Savoury Rice Mixed Salad	Jacket Wedges Peas & Sweetcorn
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Frozen Fruit Smoothie Fresh Fruit/Jelly	Frozen Fruit Smoothie Fresh Fruit/Jelly	Frozen Fruit Smoothie Fresh Fruit/Jelly	
Tuesday	Option 1	Bolognese	Savoury Mince	Chicken Tacos
	Option 2			Caribbean Rice
	served with	GF Pasta Carrots & Green Beans	Creamed Potatoes Mixed Vegetables & Broccoli	Rice Mixed Vegetables & Carrots
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	GF Cake Fresh Fruit/Jelly	GF Cake Fresh Fruit/Jelly	GF Lemon Cake Fresh Fruit/Jelly	
Wednesday	Option 1	Roast Pork & Gravy	Roast Turkey & Gravy	Roast Gammon & Gravy
	Option 2			
	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 & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	
Thursday	Option 1	GF Fish Fingers	Pork Meatballs	Sausage Pattie & Gravy
	Option 2			
	served with	Creamed Potatoes Sweetcorn & Salad	GF Pasta Carrots & Green Beans	Boiled Potatoes Mixed Vegetables & Broccoli
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Frozen Fruit Smoothie Fresh Fruit/Jelly	Frozen Fruit Smoothie Fresh Fruit/Jelly	Frozen Fruit Smoothie Fresh Fruit/Jelly	
Friday	Option 1	GF Baked Sausages	GF Fish Fingers	GF Fish Fingers
	Option 2			
	served with	Chips Baked Beans & Peas	Chips Baked Beans & Sweetcorn	Chips Baked Beans & Sweetcorn
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	GF Cookie 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 www.wholeschoolmeals.co.uk		