whole school meals		Menu Gluten Intolerant November 2022 - March 2023		
		Week One	Week Two	Week Three
Monday	AL FOOD FOR REAL ENERGY Option 1 Option 2	31 Oct, 21 Nov, 2 Jan, 23 Jan, 20 Feb, 13 Mar Jacket Potato with Cheese & Beans	07 Nov, 28 Nov, 9 Jan, 30 Jan, 27 Feb, 20 Mar Veggie Tacos	14 Nov, 05 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar GF Pizza
	served with	Peas & Sweetcorn	Savoury Rice Mixed Salad	Jacket Wedges Peas & Sweetcorn
	Option 3	Jacket Potato with Cheese & Beans 🛛 🤒	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
	Dessert	Frozen Mousse Fresh Fruit/Jelly	Ice Cream Pot 🤒 Fresh Fruit/Jelly 😭	Frozen Mousse Fresh Fruit/Jelly
Tuesday	Option 1 Option 2	Bolognese	Savoury Mince	Chicken Tacos Carribean Rice
	served with	GF Pasta Carrots & Green Beans	Creamed Potatoes Mixed Vegetables & Broccoli	Rice Mixed Vegetables & Carrots
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans 🥂 🤐	Jacket Potato with Cheese & Beans
	Dessert	GF Cake 65 Fresh Fruit/Jelly 65	GF Cake 🚳 Fresh Fruit/Jelly	GF Lemon Cake (2) Fresh Fruit/Jelly (2)
Wednesday	Option 1 Option 2	Roast Pork & Gravy	Roast Turkey & Gravy Carrot & Lentil Bake	Roast Gammon & Gravy
	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 Option 2	GF Fish Fingers 🔷	Pork Meatballs	Sausage Pattie & Gravy 🔶
	served with	Creamed Potatoes Sweetcorn & Salad	Pasta Carrots & Green Beans	Boiled Potatoes Mixed Vegetables & Broccoli
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans 🥂 🤒	Jacket Potato with Cheese & Beans
	Dessert	Frozen Fruit Smoothie 🚳 Fresh Fruit/Jelly	Frozen Fruit Smoothie и 🚳	Frozen Fruit Smoothie
Friday	Option 1 Option 2	GF Baked Sausages	GF Fish Fingers 🔷	GF Fish Fingers 🔶
	served with	Chips Baked Beans & Peas	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	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly
VEGETARIAN	Suitable for Vegetarians		All items are subject to availability	
VEGAN	Suitable for Vegans & Vegetarians		Bread , Salad and fresh drinking wa	ter are avallable with every meal
	Contains Fish	Sobool Mode CIC Company Number 2004000 D	www.wholeschoolmeals.co.uk ered address: Almond House, Betteshanger Road, Betteshanger, Deal CT14 0EN	