



REAL FOOD FOR REAL ENERGY

Menu Gluten 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

Day	Option 1	Option 2	served with	Option 3	Dessert
Monday	Jacket Potato with Cheese & Beans	Veggie Tacos	Peas & Sweetcorn	Jacket Potato with Cheese & Beans	Frozen Mousse
	Jacket Potato with Cheese & Beans	Savoury Rice		Jacket Potato with Cheese & Beans	Fresh Fruit/Jelly
Tuesday	Bolognese	Savoury Mince	GF Pasta	Jacket Potato with Cheese & Beans	GF Cake
	Jacket Potato with Cheese & Beans	Creamed Potatoes	Carrots & Green Beans	Jacket Potato with Cheese & Beans	Fresh Fruit/Jelly
Wednesday	Roast Pork & Gravy	Roast Turkey & Gravy	Roast Potatoes	Jacket Potato with Cheese & Beans	GF Cookie
	Jacket Potato with Cheese & Beans	Carrot & Lentil Bake	Local Seasonal Vegetables & Cooks Choice	Jacket Potato with Cheese & Beans	Fresh Fruit/Jelly
Thursday	GF Fish Fingers	Pork Meatballs	Creamed Potatoes	Jacket Potato with Cheese & Beans	Frozen Fruit Smoothie
	Jacket Potato with Cheese & Beans	Pasta	Sweetcorn & Salad	Jacket Potato with Cheese & Beans	Fresh Fruit/Jelly
Friday	GF Baked Sausages	GF Fish Fingers	Chips	Jacket Potato with Cheese & Beans	GF Cookie
	Jacket Potato with Cheese & Beans	Chips	Baked Beans & Peas	Jacket Potato with Cheese & Beans	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

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