



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Summer Gluten Free Week 1, 2 & 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Week 1	Cheese & Ham GF Toasted Pitta	Sweet & Sour Vegetables & Rice	Butter Chicken* Curry & Steamed Rice	Chicken* Salsa Gluten Free Wrap (garlic mayo optional)	Gluten Free Fish Fingers
Main Course Week 2	Beef* Bolognese GF Pasta Bake	Ground Beef* Taco (taco shell, lettuce, tomato, mixed cheese & garlic mayo)	Chicken* Tikka Sauce & Turmeric Rice	Tuna & Sweetcorn GF Pasta Bake	GF Pitta Pizza Margherita
Main Course Week 3	Gluten Free Sausages	Ham & Cheese GF Pitta Pizza	Butter Chicken* Curry & Steamed Rice	Mediterranean Spicy Tomato GF Pasta	GF Chicken Nuggets
Potato Dish	In line with the weekly cycle	In line with the weekly cycle	GF Garlic Pitta Slice	In line with the weekly cycle	Chipped Potatoes
Vegetables & Sauces	In line with the weekly cycle	In line with the weekly cycle	In line with the weekly cycle	In line with the weekly cycle	Baked Beans
Lite Bite Option	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)
Salad Bowls & GF Wraps	Salad Bowl, Gluten Free Tortilla Wraps				
	Cold Fillings: Egg & Mayonnaise, Cheese, Cheese Salad, 🌱 Ham, Ham Salad, Chicken & Mayonnaise, Chicken & Mayonnaise with Lettuce, Chicken & Mayonnaise with Bacon, Cheese & Ham, Tuna & Mayonnaise, Tuna Mayonnaise & Cucumber				
Cakes Traybakes	GF Biscuit snacks will be made available each day Fresh Mandarin Segments, Pineapple Pot, Watermelon Pot, Red Grape Pot#, Green Grapes Pot#, Low Fat Fruit Yoghurts (variety of flavours), Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot Seedless Raisins Snack Box (14g), Sweet & Salty Popcorn Bag (14g)				
Drinks#	Juice Burst (Raspberry Lemonade, Orange & Passionfruit, Apple & Blackcurrant) Radnor Splash 500ml Sports Cap Drinks (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime) Harrogate 500ml Screw Cap Spring Still Water Semi Skimmed Milk 189ml Carton, Harrogate 330ml Screw Cap Spring Still Water Radnor Splash 330ml Screw Cap (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime)				

Non-meal Items#

Our fresh beef and chicken meat are Halal Certified *



Vegetarian Dish

All the above GF dishes will need to be pre-ordered via the students Pastoral Manager with a minimum of 24 hours