



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Gluten Free 3 Week Menu Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Week 1	Spaghetti Bolognese* with GF Spaghetti	Chicken* Chow Mein (chicken, rice noodles, onions, beansprouts, garlic, carrot, GF soy sauce & cabbage)	Butter Chicken* Curry Steamed Rice	Ground Beef* Taco (taco shell, lettuce, tomato, mixed cheese & garlic mayo)	GF Pitta Pizza Margherita
Main Course Week 2	Cajun Chicken Leg (on the bone)	Special Fried Rice (Chicken, rice, peas, egg, carrot, GF Soy sauce, garlic, onion)	Chicken* Tikka Sauce Turmeric Rice	Chicken* GF Pittas (pitta bread, pitta salad & garlic mayo)	GF Chicken Nuggets
Main Course Week 3	Gluten Free Breakfast Wrap (egg, bacon & hash brown)	Tuna & Sweetcorn GF Pasta Bake (tomato based with cheese)	Butter Chicken* Curry Steamed Rice	Chicken* Fajita GF Wrap (filled with mixed salad) (garlic mayo optional)	GF Pitta Pizza Margherita
Potato Dish	In line with the weekly cycle	In line with the weekly cycle	In line with the weekly cycle	In line with the weekly cycle	Chipped Potatoes
Vegetables & Sauces	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Lite Bite Option	Jacket Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket 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 Pineapple Pot, Watermelon Pot, Red Grape Pot#, Green Grapes Pot#, Black Grapes Pot#, Low Fat Yoghurt Pouch, Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot Raisin 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 & Catering Manager with a minimum of 24 hours