



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Winter Gluten Free Week 1, 2 & 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Special Fried Rice% chicken*, prawns, rice, carrot, garlic, onion, peas GF soy sauce	Tuna & Veg Pasta GF pasta	Vegetables in a Tomato & Basil Sauce with GF Pasta	Chicken* Pitta cabbage salad GF pitta (garlic mayo optional)	Chicken Strips GF breadcrumbs
Week Two	Bangers & Mash GF sausages	Roast Pork	Chicken* Tikka Sauce & Turmeric Rice%	Salt & Pepper Chicken Leg	Chicken Nuggets GF breadcrumbs
Week Three	Stir Fried Honey Chilli Chicken* & Rice chicken*, onion, peppers, spring onion, honey chilli sauce, rice	Roast Turkey*	Butter Chicken* Curry & Steamed Rice%	Fajita Chicken* in a GF soy sauce & tortilla wrap	Margherita Pizza Slice
Potato Bread	In line with the weekly cycle	In line with the weekly cycle	Garlic Pitta GF Pitta	In line with the weekly cycle	Baked Beans
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 & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)
Salads & Wraps	Salad Bowl, Gluten Free Tortilla Wraps				
	Cold Fillings: Egg & Mayonnaise, Cheese, Cheese Salad, Savoury Cheese Ham, Ham Salad, Chicken & Mayonnaise, Chicken & Mayonnaise with Lettuce, Cheese & Ham, Tuna & Mayonnaise, Tuna Mayonnaise & Cucumber				
Fruit Pots Traybakes Light Snacks	Fresh Fruit: Mandarin Segments, Pineapple Pot, Watermelon Pot, Honeydew Melon, Red, Green, Black Grape Pot, Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot GF Biscuit snacks will be made available each day Snacks#: Seedless Raisins Snack Box (14g), Sweet & Salty Popcorn Bag (14g), Fromage Frais Pouches (Strawberry & Raspberry)				

Halal certified meats marked with*

Rice & pasta dishes containing 50/50 white & wholemeal marked with%

Allergens & Intolerances – All our foods prepared & cooked on site daily. We have an Allergen process in place; please ensure you make your Allergens aware to our team prior to dining in our facilities.
 All Allergen information can be found on our schools' website.