



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Gluten Free Week A, B & C Menu Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Week A	Beef* Bolognaise GF Pasta Bake	Chicken Breast* (no stuffing ball)	Butter Chicken* Curry & Steamed Rice	Chicken* Biryani	GF Sausages
Main Course Week B	GF Sausages	Roast Pork (no yorkshire pudding)	Chicken* Tikka Sauce & Turmeric Rice	Chicken* Special Fried Rice (GF Soy Sauce, no Curry Sauce)	GF Chicken Nuggets
Main Course Week C	Quorn Biryani (turmeric rice, onions, peas, tomatoes & spices)	Roast Turkey	Butter Chicken* Curry & Steamed Rice	Chicken* GF Pittas (cabbage salad & GF garlic mayo)	GF Pitta Pizza Margherita
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 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