

# Gluten Free Lunch Menu

## SPRING TERM: WEEK 1

### Monday

*Main meal 1*

**Bolognese Sauce Served with Penne Pasta**

▲ N/A

*Main meal 2*

**Cheese and Tomato Pizza Served with Potato Wedges**

▲ 7

*Main meal 3*

**Jacket Potato with Cheese or Baked Beans**

▲ 7

*Vegetable of the day*

**Sweetcorn**

N/A

*Desserts*

**Pear Crumble with Custard**

▲ 4,7

### Thursday

*Main meal 1*

**Korma Chicken Curry served with rice**

▲ 9

*Main meal 2*

**Macaroni Cheese**

▲ 4,7

*Main meal 3*

**Jacket Potato with Cheese or Chicken Sauce**

▲ 7

*Vegetable of the day*

**Carrot**

N/A

*Desserts*

**Lemon Cake with Custard**

▲ 4,7,12

### Tuesday

*Main Meal 1*

**Beef Burger in a Bun served with new potatoes**

▲ N/A

*Main meal 2*

**Tex-Mex Vegetables Burrito**

▲ 7

*Main meal 3*

**Jacket Potato with Cheese or Bolognese Sauce**

▲ 7

*Vegetable of the day*

**Salad**

▲ N/A

*Desserts*

**Chocolate Brownie Cake with Custard**

▲ 4,7

### Friday

*Main meal 1*

**MSC Fish Fingers Served with Baked Chips**

▲ 5

*Main meal 2*

**Crispy Vegetables Dippers Served with Baked Chips**

▲ N/A

*Main meal 3*

**Jacket Potato with Cheese or Baked Beans**

▲ 7

*Vegetable of the day*

**Baked beans**

N/A

*Desserts*

**Sweet Waffles**

▲ 4,7

### Wednesday

*Main meal 1*

**Roast Chicken Breast Served with Roast Potatoes and gravy**

▲ N/A

*Main meal 2*

**Cauliflower & Broccoli Bake**

▲ 7

*Main meal 3*

**Jacket Potato with Cheese or Sausage Sauce**

▲ 7

*Vegetable of the day*

**Mixed Vegetables**

N/A

*Desserts*

**Fruit jelly Or Fruit Yoghurt**

▲ N/A

Or 7

## ▲ Allergen Key

- |                |               |
|----------------|---------------|
| 1. Celery      | 8. Molluscs   |
| 2. Gluten      | 9. Mustard    |
| 3. Crustaceans | 10. Peanuts   |
| 4. Eggs        | 11. Sesame    |
| 5. Fish        | 12. Soybeans  |
| 6. Lupin       | 13. Sulphites |
| 7. Milk        | 14. Tree nuts |

 **GREENSHAW**  
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### Available Daily

Wholemeal bread, fresh salads, variety of seasonal fresh fruit

Catering provided by Greenshaw Learning Trust.  
All products are locally sourced wherever possible.  
All food is cooked fresh on the school site each day.



# Gluten Free Lunch Menu

## SPRING TERM: WEEK 2

### Monday

*Main meal 1*  
**Macaroni Chicken Bake**  
▲ 7  
*Main meal 2*  
**Cheese and Tomato Pizza Served with Potato Wedges**  
▲ 7  
*Main meal 3*  
**Jacket Potato with Cheese or Baked Beans**  
▲ 7  
**Sweetcorn**  
N/A  
*Desserts*  
**Fruit Biscuit**  
4

### Tuesday

*Main meal 1*  
**Sausage and Mash Potatoes with Gravy**  
▲ 12,13  
*Main meal 2*  
**Vegetable Pie with Gravy**  
▲ 4,7  
*Main meal 3*  
**Jacket Potato with Cheese or Bolognese Sauce**  
▲ 7  
*Vegetable of the day*  
**Salad**  
N/A  
*Desserts*  
**Apple and Berry Crumble with Custard**  
7

### Wednesday

*Main meal 1*  
**Roast Chicken Thigh Served with Roast Potatoes and Gravy**  
▲ N/A  
*Main meal 2*  
**Butternut & Chickpea Roast with Crispy Roast Potatoes and Gravy**  
▲ N/A  
*Main meal 3*  
**Jacket Potato with Cheese or Sausage Sauce**  
▲ 7  
*Vegetable of the day*  
**Mix Vegetables**  
N/A  
*Desserts*  
**Fruit Jelly Or Fruit Yoghurt**  
▲ N/A Or 7

### Thursday

*Main meal 1*  
**Chicken Curry**  
▲ N/A  
*Main meal 2*  
**Vegetables Stir Fry Noodles**  
▲ 12  
*Main meal 3*  
**Jacket Potato with Cheese or Chicken Sauce**  
▲ 7  
*Vegetable of the day*  
**Carrots**  
N/A  
*Desserts*  
**St. Clements Sponge with Custard**  
▲ 4,7,12

### Friday

*Main meal 1*  
**MSC Cod Fillet Served with Baked Chips**  
▲ 5  
*Main meal 2*  
**Vegetables Bites Served with Baked Chips**  
▲ N/A  
*Main meal 3*  
**Jacket Potato with Cheese or Baked Beans**  
▲ 7  
*Vegetable of the day*  
**Baked Beans**  
N/A  
*Desserts*  
**Strawberry Mousse**  
▲ 7

### ▲ Allergen Key

- |                |               |
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| 4. Eggs        | 11. Sesame    |
| 5. Fish        | 12. Soybeans  |
| 6. Lupin       | 13. Sulphites |
| 7. Milk        | 14. Tree nuts |

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**Chicken Tomato Sauce Served with Penne Pasta**

▲ N/A

*Main meal 2*

**Cheese and Tomato Pizza Served with Potato Wedges**

▲ 7

*Main meal 3*

**Jacket Potato with Cheese or Baked Beans**

▲ 7

*Vegetable of the day*

**Sweetcorn**

N/A

*Desserts*

**Raspberry Cake with Custard**

▲ 4,7,12

### Thursday

*Main meal 1*

**Meatballs in Tomato Sauce with Pasta**

▲ N/A

*Main meal 2*

**Vegetarian Meatballs in Tomato Sauce served with Pasta**

▲ 12

*Main meal 3*

**Jacket Potato with Cheese or Chicken Sauce**

▲ 7

*Vegetable of the day*

**Carrots**

N/A

*Desserts*

**Banana Sponge with Custard**

▲ 4,7,12

### Tuesday

*Main meal 1*

**Chilli Con Carne with Rice**

▲ N/A

*Main meal 2*

**Vegetarian Burger**

▲ N/A

*Main meal 3*

**Jacket Potato with Cheese or Bolognese Sauce**

▲ 7

*Vegetable of the day*

**Salad**

N/A

*Desserts*

**Strawberry Granola Cake with Custard**

▲ 4,7,12

### Friday

*Main meal 1*

**MSC Salmon Fish Cake Served with Baked Chips**

▲ 5

*Main meal 2*

**Quorn Sausage Served with baked chips**

▲ 4,7

*Main meal 3*

**Jacket Potato with Cheese or Baked Beans**

▲ 7

*Vegetable of the day*

**Baked Beans**

N/A

*Desserts*

**Fruit Salad**

▲ N/A

### Wednesday

*Main meal 1*

**Roast Chicken Fillet with Roast Potatoes and Gravy**

▲ N/A

*Main meal 2*

**Cheese and Potato Pie with Gravy**

▲ 7,13

*Main meal 3*

**Jacket Potato with Cheese or Sausage Sauce**

▲ 7

*Vegetable of the day*

**Mix Vegetables**

N/A

*Desserts*

**Chocolate Mousse Or Fruit Yoghurt**

▲ 7

Or 7

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