## 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** 

**A** 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

**4** 9

Main meal 2

**Macaroni Cheese** 

**▲**4,7

Main meal 3

**Jacket Potato with Cheese or Chicken Sauce** 

**A** 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** 

**4** 7

Main meal 3

**Jacket Potato with Cheese or Bolognese Sauce** 

**A** 7

*Vegetable of the day* 

Salad

▲ N/A

Desserts

**Chocolate Brownie Cake with Custard** 

#### **Friday**

Main meal 1

MSC Fish Fingers Served with Baked Chips

**4** 5

00

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

#### **Available Daily**

Wholemeal bread, fresh salads, variety of seasonal fresh fruit

#### 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** 

*Vegetable of the day* 

**Mixed Vegetables** 

N/A

**Desserts** 

Fruit jelly Or Fruit Yoghurt

▲ N/A

7. Milk

## ▲ Allergen Key

Or 7

1. Celery 8. Molluscs

2. Gluten 9. Mustard

10. Peanuts 3. Crustaceans

11. Sesame 4. Eggs

5. Fish 12. Soybeans

6. Lupin 13. Sulphites

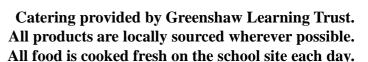
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14. Tree nuts







## Gluten Free Lunch Menu

#### **Monday**

Main meal 1

Macaroni Chicken Bake

**▲** 7

Main meal 2

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

**A** 7

Main meal 3

**Jacket Potato with Cheese or Baked Beans** 

**Sweetcorn** 

N/A

Desserts

**Fruit Biscuit** 

#### **Thursday**

Main meal 1

**Chicken Curry** 

 $\blacktriangle N/A$ 

Main meal 2

**Vegetables Stir Fry Noodles** 

**12** 

Main meal 3

**Jacket Potato with Cheese or Chicken Sauce** 

**A** 7

*Vegetable of the day* 

**Carrots** N/A

St. Clements Sponge with Custard

**4,7,12** 

# Desserts



#### **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** 

**Friday** 

Main meal 1

MSC Cod Fillet Served with Baked Chips

**4** 5

Main meal 2

**Vegetables Bites Served with Baked Chips** 

 $\blacktriangle$  N/A

Main meal 3

**Jacket Potato with Cheese or Baked Beans** 

**A** 7

*Vegetable of the day* 

**Baked Beans** 

Desserts

N/A

**Strawberry Mousse** 

**A** 7

#### **Available Daily**

Wholemeal bread, fresh salads, variety of seasonal fresh fruit

#### Wednesday

Main meal 1

Roast Chicken Thigh Served with Roast Potatoes and Gravy

 $\blacktriangle$  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** 

**A** 7

*Vegetable of the day* 

**Mix Vegetables** 

N/A

**Desserts** 

Fruit Jelly Or Fruit Yoghurt

**▲** N/A Or 7



1. Celery 8. Molluscs

2. Gluten 9. Mustard

10. Peanuts 3. Crustaceans

4. Eggs 11. Sesame

5. Fish 12. Soybeans

13. Sulphites 6. Lupin

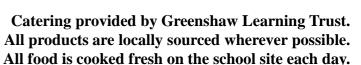
7. Milk 14. Tree nuts











## Gluten Free Lunch Menu

### **SPRING TERM: WEEK**

#### Monday

Main meal 1

**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** 

 $\blacktriangle$  N/A

Main meal 2

Vegetarian Meatballs in Tomato Sauce served with Pasta

**12** 

Main meal 3

**Jacket Potato with Cheese or Chicken Sauce** 

**A** 7

*Vegetable of the day* 

**Carrots** 

N/A

Desserts

**Banana Sponge with Custard** 

**▲** 4,7,12

#### **Available Daily**

Wholemeal bread, fresh salads, variety of seasonal fresh fruit

#### **Tuesday**

Main meal 1

**Chilli Con Carne with Rice** 

▲ N/A

00

Main meal 2

**Vegetarian Burger** 

 $\blacktriangle$  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

**4** 5

Main meal 2

Quorn Sausage Served with baked chips

**4.7** 

Main meal 3

**Jacket Potato with Cheese or Baked Beans** 

**A** 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** 

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**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





