

GF SPRING MENU Primary schools 2023

week 1	MONDAY MEAT FREE	Allergen	TUESDAY	Allergen	WEDNESDAY	Allergen	THURSDAY	Allergen	FRIDAY	Allergen
Main meal 1	Vegetarian Bolognese Served with penne pasta	Soybeans	Chicken curry with brown rice	Mustard	Roast pork steak, roast potato, vegetables and gravy	N/A	Beef Moussaka with a slice of bread	N/A	Deep fry cod with chips	Fish
Main meal 2	Vegetables Samosas with New Potatoes	N/A	Vegetable Noodle pot	N/A	Stuffed potato with salad	Dairy	Cheese and tomato pizza with baked beans	Dairy	Vegetable tart	Egg
Main meal 3	Jacket Potato with Cheese or Baked Beans	Dairy (with cheese)	Jacket Potato with Cheese or Bolognese Sauce	Dairy (with cheese)	Jacket Potato with Cheese or Chicken Sauce	Dairy (with cheese)	Jacket Potato with Cheese or BBQ pork	Dairy (with cheese)	Jacket Potato with Cheese or Baked Beans	Dairy (with cheese)
Vegetables or salad of the day	Carrots	N/A	Sweetcorn	N/A	Mixed Vegetables	N/A	Salad	N/A	Garden Peas	N/A
Dessert	Homemade Fruit Flapjack	Milk Eggs (with custard)	Apple crumble with custard	Milk Eggs (with custard)	Ice cream or fruit yoghurt	Milk	Fruit cake with custard	Milk Eggs (with custard)	Chocolate muffins	Eggs Dairy

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Week 2	MONDAY MEAT FREE	Allergen	TUESDAY	Allergen	WEDNESDAY	Allergen	THURSDAY SPANISH DAY	Allergen	FRIDAY	Allergen
Main meal 1	Pasta Tossed with Roasted Tomato Basil	Dairy	Chicken curry with brown rice	Mustard	BBQ chicken thigh, roast potato, vegetables, gravy	N/A	Chicken and Chorizo Tomato Sauce with Spaghetti	Milk Egg	Baked Pollock with chips	Fish
Main meal 2	Vegetarian Burger	Dairy	Vegetarian Shepard's Pie	Celery Soybeans	Vegetable lasagne with a slice of bread	N/A	Spanish omelette	Eggs	Quorn fillet with baked chips	Eggs
Main meal 3	Jacket Potato with Cheese or Baked Beans	Dairy (with cheese)	Jacket Potato with Cheese or Bolognese Sauce	Dairy (with cheese)	Jacket Potato with Cheese or Chicken Sauce	Dairy (with cheese)	Jacket Potato with Cheese or BBQ chicken	Dairy (with cheese)	Jacket Potato with Cheese or Baked Beans	Dairy (with cheese)
Vegetables or salad of the day	Carrots	N/A	Sweetcorn	N/A	Mix Vegetables	N/A	Salad	N/A	Garden Peas	N/A
Dessert	Pear sponge with custard	Milk Eggs (with custard)	Peach crumble with vanilla custard	Milk Eggs (with custard)	Chocolate mousse or fruit yoghurt	Dairy	Strawberry sponge with custard	Milk Eggs (with custard)	Chocolate doughnut	Eggs Dairy

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Week 3	MONDAY MEAT FREE	Allergen	TUESDAY	Allergen	WEDNESDAY	Allergen	THURSDAY	Allergen	FRIDAY	Allergen
Main meal 1	Roasted vegetable pasta	N/A	Chicken curry with brown rice	Mustard	Roast garlic chicken fillet, roast potato, vegetables and gravy	N/A	Chicken Stew Tagine	N/A	Fish cakes with baked chips	Fish
Main meal 2	Bean goulash with rice	Celery	Chickpea and vegetable hot pot	Soya Sulphites	Homemade ratatouille with rice	N/A	Stir fry vegetables with rice	N/A	Spring wrap	Soya Celery
Carbohydrates	Jacket Potato with Cheese or Baked Beans	Dairy (with cheese)	Jacket Potato with Cheese or Bolognese Sauce	Dairy (with cheese)	Jacket Potato with Cheese or Chicken Sauce	Dairy (with cheese)	Jacket Potato with Cheese or BBQ chicken	Dairy (with cheese)	Jacket Potato with Cheese or Baked Beans	Dairy (with cheese)
Vegetables or salad of the day	Carrots	N/A	Sweetcorn	N/A	Mix Vegetables	N/A	Salad	N/A	Garden Peas	N/A
Dessert	Syrup sponge with toffee sauce	Milk Eggs (with custard)	Apple and rhubarb crumble with custard	Milk Eggs (with custard)	Strawberry jelly pot or fruit yoghurt	Dairy	Moroccan Lemon Cake (Meskouta) with custard	Milk Eggs (with custard)	American pancakes with golden syrup	Eggs

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