

Gluten Free Menu: January to April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
01 Jan 22 Jan	Hot dog in a GF roll or Quorn sausage in a roll Served with Wedges and Sweetcorn -	Minced Beef in GF Gravy or Minced Quorn in GF Gravy Served with Sauté Potatoes and Carrots	Chicken Casserole (GF Gravy) or Vegetable Casserole (GF Gravy) Served with Herby Potatoes	Roast Beef Served with Roast Potatoes And Mixed Vegetables and GF Gravy -	GF Fish Cake Served with French Fries Peas and Baked Beans -
19 Feb 11 Mar	Bolognese Jacket Potato - Mousse Or Fruit or Yogurt	Egg Salad Cheese Jacket Potato DF Ice Cream Or Fruit or Yogurt	Cheese Salad Tuna Mayonnaise Jacket Potato - Orange Jelly Or Fruit or Yogurt	Ham Salad Baked Beans Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Beef Salad Cheese & Bean Jacket Potato - DF Ice Cream Or Fruit or Yogurt
Week 2					
08 Jan 29 Jan	Chicken Fillet Served with Sweet Potato Fries & Peas -	Tomato and Ham GF Pasta or Tomato GF Pasta Served with Salad -	Minced Beef in GF Gravy Or Minced Quorn in GF Gravy Served with Sauté Potatoes and Carrots -	Roast Pork Served with Roast Potatoes and Country Vegetables and Gravy -	GF Fish Fingers Served with French Fries Sweetcorn and Spaghetti hoops -
26 Feb 18 Mar	Ham and Cheese Salad Baked Bean Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Cheese and Tomato Salad Tuna Mayonnaise Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Tuna Mayonnaise & Sweetcorn Salad Cheese & Coleslaw Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Cheese Salad Baked Beans Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Pork Salad Cheese Jacket Potto - DF Ice Cream Or Fruit or Yogurt
Week 3					
15 Jan 05 Jan	GF Beef Burger in a GF bun or Quorn Burger in a GF bun Served with Wedges And Sweetcorn -	Chicken Tikka Massala or Vegetable Tikka Massala Served with Rice and Mixed Vegetables -	All Day Breakfast (GF Sausage/bacon/hash brown/beans and omelette) Egg Salad -	Chicken in GF Gravy or Quorn Fillet Served with Roast Potatoes And Country Vegetables	GF Fish Fillet Served with French Fries Peas and Baked Beans -
04 Feb 25 Mar	Tuna Mayonnaise Salad Bolognese Jacket Potato Rice Pudding Or Fruit or Yogurt	Ham Salad Cheese Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Baked Beans Jacket Potato - Strawberry Jelly Or Fruit or Yogurt	Cheese Salad Tuna Mayo & Sweetcorn Jacket Potato - DF Ice Cream Or Fruit or Yogurt	Ham Salad Cheese and Bean Jacket Potato - DF Ice Cream Or Fruit or Yogurt

