

Gluten Free Sept - Dec 2024 Menu



week 1

2nd Sept
23rd Sept
14th Oct

11th Nov
2nd Dec

Monday GF

Hot Dog
or
Plain Omelette
Served with
Potato Crunchies and Sweetcorn

Egg Salad

Tuna Mayonnaise Jacket Potato

Ice Cream
or
Fruit or Yoghurt

Tuesday GF

GF Pasta Bolognese
or
GF Vegan Meatballs
Served with Rice and
Peas

Cheese GF Pasta Salad

Baked Bean Jacket Potato

Mousse
or
Fruit or Yoghurt

Wednesday GF

Minced Beef in GF Gravy
or
Quorn Pieces in GF Gravy
Served with
Mashed Potato and Carrots

Ham GF Pasta Salad

Cheese & Coleslaw Jacket Potato

Jelly
or
Fruit or Yoghurt

Thursday GF

Chicken in GF Gravy
or
Quorn Pieces in GF Gravy
Served with Roast Potatoes
and Country Vegetables

Cheese Salad

Tuna Mayonnaise Jacket Potato

Ice Cream
or
Fruit or Yoghurt

Friday GF

GF Fish Cake

Served with French Fries
Sweetcorn and Baked Beans

Ham Salad

Cheese & Bean Jacket Potato

Mousse
or
Fruit or Yoghurt

week 2

9th Sept
30th Sept
21st Oct

18th Nov
9th Dec

GF DF Sausages
or
GF Veggie Burger
Served with
Wedges and Peas

Ham Salad

Baked Bean & Cheese Jacket Potato

Ice Cream
or
Fruit or Yoghurt

Tuna & Sweetcorn GF Pasta
in a Tomato Sauce or
Peas and Sweetcorn GF Pasta
in a Tomato Sauce

Cheese & Coleslaw GF Pasta Salad

Baked Bean Jacket Potato

Mousse
or
Fruit or Yoghurt

Chilli Con Carne
or
Veggie Con Carne
Served with
Rice and Mixed Vegetables

Tuna Mayonnaise & GF Pasta Salad

Cheese Jacket Potato

Strawberry Jelly
or
Fruit or Yoghurt

Roast Beef
or

Quorn Pieces in GF Gravy
Served with Roast Potatoes
Country Vegetables and GF Gravy

Ham Salad

Tuna Mayonnaise Jacket Potato

Ice Cream
or
Fruit or Yoghurt

GF Fish Fingers

Served with French Fries
Peas and Baked Beans

Beef Salad

Cheese Jacket Potato

Mousse
or
Fruit or Yoghurt

week 3

16th Sept
7th Oct

4th Nov
25th Nov
16th Dec

Chicken Fillet
or
Plain Omelette
Served with Herby Potatoes
and Peas

Ham Salad

Baked Bean Jacket Potato

Ice Cream
or
Fruit or Yoghurt

GF Pasta Bolognese Bake
or
GF Veggie Bolognese Bake
Served with Sweetcorn

Tuna GF Pasta Salad

Cheese Jacket Potato

Mousse
or
Fruit or Yoghurt

GF Chicken Korma
or
GF Veggie Korma
Served with Rice and
Mixed Vegetables

Cheese GF Pasta Salad

Tuna Mayonnaise Jacket Potato

Jelly
or
Fruit or Yoghurt

Roast Gammon
or

Quorn Pieces in GF Gravy
Served with Roast Potatoes
Country Vegetables and GF Gravy

Cheese Salad

Cheese & Coleslaw Jacket Potato

Ice Cream
or
Fruit or Yoghurt

GF Fishcake

Served with French Fries
Sweetcorn and Baked Beans

Gammon Salad

Baked Bean Jacket Potato

Mousse
or
Fruit or Yoghurt