



Week One Menu

Week Commencing 02/09, 23/09, 14/10, 11/11, 02/12, 06/01, 27/01



Gluten Free Autumn/ Winter 2024/2025

v - Vegetarian Option.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	GF BBQ CHICKEN MELT	GF BOLOGNESE PASTA BAKE	ROAST PORK QUORN ROAST v	VEGETABLE HOTPOT	GF CHEESE & TOMATO PIZZA v
STARCHY DISHES	HERBY DICED POTATOES	-	ROAST POTATOES	-	CHIPS
VEGETABLES	MIXED VEG	BROCCOLI SWEETCORN	CAULIFLOWER CHEESE CARROTS	GREEN BEANS SWEETCORN	PEAS BAKED BEANS
DESSERTS	GF ICED SPRINKLE SPONGE	GF APPLE CAKE & CUSTARD	GF SHORTBREAD	GF BEETROOT BROWNIE	ICE CREAM

Jacket Potatoes with various fillings, Salad bar & Fresh fruit available daily



Week Two Menu

Week Commencing 09/09, 30/09, 21/10, 18/11, 09/12, 13/01, 03/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	GF TUNA PASTA	SHEPERDESS PIE v	ROAST GAMMON PEPPER & ONION FRITTATA v	VEGGIE GF SPAGHETTI BOLOGNESE v	GF SAUSAGES
STARCHY DISHES	-	-	ROAST POTATOES	-	CHIPS
VEGETABLES	PEAS SWEETCORN	BROCCOLI	CARROTS CAULIFLOWER	GREEN BEANS	PEAS BAKED BEANS
DESSERTS	GF LEMON DRIZZLE CAKE	GF APPLE & CINNAMON CRUMBLE WITH CUSTARD	GF COOKIES	GF VANILLA SPONGE	ICE CREAM

Jacket Potatoes with various fillings, Salad bar & Fresh fruit available daily



Week Three Menu

Week Commencing 16/09, 07/10, 04/11, 25/11, 16/12, 20/01, 10/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHICKEN TIKKA MASALA	GF TOMATO PASTA v	CHICKEN	CHILLI CON CARNE	GF CHEESE & TOMATO PIZZA v
STARCHY DISHES	STEAMED RICE	-	ROAST POTATOES	STEAMED RICE	CHIPS
VEGETABLES	PEAS SWEETCORN	MIXED VEG	BROCCOLI & CAULIFLOWER BAKE PARSIPS	CARROTS GREEN BEANS	PEAS BAKED BEANS
DESSERTS	GF JAM & COCONUT SPONGE WITH CUSTARD	FRUIT JELLY	CHOCOLATE MOUSSE	GF VANILLA SPONGE	ICE CREAM

Jacket Potatoes with various fillings Salad bar & Fresh fruit available daily



All menus are subject to change, and daily specials may be available