



GLUTEN FREE School Dinner Menu — Monday 5th October - Friday 23rd October 2020



Monday

W/C 5th October

Main course Assorted pizza (M)
with Baked beans
 Peas
 Wedges

Dessert
 Sponge (M,S,E)

Tuesday

Main course Minced beef (E,S,M)
with Wedges
 Green beans/peas

Dessert
 Ice cream tubs (M)

Wednesday

Main course Roast pork
with Roast Potatoes
 Gravy
 Carrots / cauliflower

Dessert
 Sponge (M,S,E)

Thursday

Main course Battered breast fillets
with Rice
 Peas/sweetcorn
 Prawn crackers (CR)

Dessert
 Toffee Mousse (M)

Friday

Main course Bacon cobs
with Waffles
 Baked beans
 Peas

Dessert
 Homemade biscuit (M,S,E)

w/c 12th October

Main course Sausage Roll
with Creamed potatoes (M)
 Peas/Sweetcorn
 Gravy

Dessert
 Chocolate crunch (M,S)

Main course Chicken curry (M,S)
with Rice
 Peas

Dessert
 Ice cream (M)

Main course Roast turkey
with Roast Potatoes
 Gravy
 Carrots/ Broccoli

Dessert
 Sponge (M,S,E)

Main course Minced beef
with Creamed potatoes (M)
 Green beans / Sweetcorn

Dessert
 Shortbread (M,S)

Main course Fish Fingers (F)
with Chips
 Peas
 Mushy peas

Dessert
 Ice cream (M)

w/c 19th October

Main course Assorted pizza (M)
with Baked beans
 Peas
 Wedges

Dessert
 Strawberry Mousse (M)

Main course Chilli con carne
with Rice
 Mixed veg

Dessert
 Fruit cocktail

Main course Roast chicken
with Roast Potatoes
 Gravy
 Carrots / cabbage

Dessert
 Sponge (M,S,E)

Main course Chicken hotpot
with Potato slices
 Peas
 Broccoli

Dessert
 Chocolate Sponge (M,S,E)

Main course Fish fingers (F)
with Chips
 Mushy peas
 sweetcorn

Dessert
 Shortbread (M,S)

FRESH SALAD
Is available on a daily basis

FRESH FRUIT
Is available on a daily basis

CHILLED WATER
Is available on a daily basis

FRESH MILK
Is available on a daily basis

(C) Celery, (Cr) Crustaceans, (E) Eggs, (F) Fish, (G) Gluten, (L) Lupin, (M) Milk (MO) Molluscs, (Mu) Mustard, (N) Nuts, (P) Peanuts, (Se) Sesame, (S) Soybeans, (Su) Sulphites
 Some ingredients may contain traces of other allergens if they are produced in premises where they are present.

ALLERGIES
 THIS IS THE GLUTEN-FREE MENU; Children with other allergies will be catered for from this menu and/or the full menu using modified dishes