

Spring Term Menu

Gluten & Dairy Free

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	GF Pasta Bolognese	Chicken and Vegetable Casserole & Potatoes	Roast Pork & Roast Potatoes	Beef Burger & Potato Wedges	Baked Fish with a DF cheese crust & Mashed Potato
Vegetarian	Vegetable Bolognese & GF Pasta		Roasted Lentil & Vegetable Bake		DF Cheese and Tomato Pizza
Light Option	Jacket Potato with Ham and Beans	Chicken and Cucumber Sandwich & Tom GF Pasta	Jacket Potato with Tuna and Cucumber	Egg and Lettuce Sandwich & Veg Sticks	Jacket Potato with Beans
Vegetables	Green Beans	Cauliflower	Carrots	Baked Beans	Peas
Desserts	Fruit	Alpro Yogurt	Fruit & Jelly	Alpro Yogurt	DF & GF Cookies

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pork Meatballs in Tomato Sauce with Rice	Mild Chicken Curry & Rice	Roast Gammon & Roast Potatoes		Oven Baked Fish in Tom Sauce & Chips
Vegetarian		Lentil Ratatouille & Rice	Quorn Fillet & Roast Potatoes	GF Tomato and Herb Pasta	DF Crustless Cheese Quiche & Chips
Light Option	Jacket Potato with Ham and Beans	Chicken and Sweetcorn Sandwich & Rice Salad	Jacket Potato with Tuna and Cucumber	Ham and Cucumber Sandwich & Veg Sticks	Jacket Potato with Beans
Vegetables	Peas	Green Beans	Cauli & Broccoli	Carrot	Baked Beans
Desserts	Fruit	Alpro Yogurt	Sultana Flapjack	Alpro Yogurt	DF & GF Cookies

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Goujons, Saute Potato & Beans	Savoury Mince, Mashed Potato & Gravy	Roast Turkey & Roast Potatoes	Mild Chilli Con Carne & Rice	Fish Cake & Herby Potatoes
Vegetarian			Vegetable and Bean Casserole & Roast Potato	Vegetable Cottage Pie	
Light Option	Jacket Potato with Ham and Beans	Tuna and Cucumber Sandwich & Salad	Jacket Potato with Chicken and Sweetcorn	DF Cheese and Tomato Sandwich & Veg Sticks	Jacket Potato with Beans
Vegetables	Sweetcorn	Peas	Carrots	Broccoli	Baked Beans
Desserts	Fruit	Alpro Yogurt	GF & DF Fruit Sponge	Alpro Yogurt	DF & GF Cookies

Each day gluten free bread will be available