





# Autumn/winter Dairy, Gluten and Soya Free Menu 2019/20

Paid meals are £2.40

## Week One

Weeks beginning

4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec 20<sup>th</sup> Jan, 10<sup>th</sup> Feb

## Week Two

Weeks beginning

11<sup>th</sup> Nov, 2<sup>nd</sup> Dec 6<sup>th</sup> Jan, 27<sup>th</sup> Jan

## Week Three

Weeks beginning

18<sup>th</sup> Nov, 9<sup>th</sup> Dec 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb

Monday



**Meat: Free from baguette ham pizza FF cheese**  
**Veg: FF cheese FF baguette pizza**  
**With: Potato wedge and mixed veg**  
**Dessert: Jelly**

**Meat: Chicken breast in a FF roll**  
**Veg: Vegetable burger FF bun**  
**With: Potato wedge and mixed veg**  
**Dessert: Jelly**

**Meat: FF chicken goujons**  
**Veg: Vegetable ff wrap**  
**With: Potato wedge and mixed veg**  
**Dessert: Jelly**

Tuesday



**Meat: Shepherd's pie soya mash**  
**Veg: Vegetable shepherd's pie**  
**With: Green beans and FF bread**  
**Dessert: coconut collaborative chocolate pot**

**Meat: Beef casserole**  
**Veg: Vegetable casserole**  
**With: Oatly Mash and Green beans**  
**Dessert: coconut collaborative chocolate pot**

**Meat: FF meatballs in gravy**  
**Veg: Linda McCartney Lincolnshire sausages**  
**With: Oatly Mash and Green beans**  
**Dessert: coconut collaborative chocolate pot**

Wednesday



**Meat: Roast Turkey**  
**Veg: Courgetti and sweetcorn fritter**  
**With: Roast potatoes & veg**  
**Dessert: FF biscuits**

**Meat: Roast Gammon**  
**Veg: Cauliflower FF cheese**  
**With: Roast potatoes & veg**  
**Dessert: FF biscuits**

**Meat: Roast chicken**  
**Veg: Vegetable casserole**  
**With: Roast potatoes & veg**  
**Dessert: FF biscuits**

Thursday



**Meat: Spaghetti bolognese FF pasta**  
**Veg: Tomato FF pasta**  
**With: FF garlic bread and sweetcorn**  
**Dessert: Fruit salad with free from cream**

**Meat: Lasagne FF pasta, FF sauce**  
**Veg: Vegetable lasagne FF pasta, FF sauce**  
**With: FF garlic bread and sweetcorn**  
**Dessert: Fruit salad with free from cream**

**Meat: Creamy FF chicken FF pasta bake**  
**Veg: Vegetable FF creamy FF pasta bake**  
**With: FF garlic bread and sweetcorn**  
**Dessert: Fruit salad with free from cream**

Friday



**Meat: FF fishfingers**  
**Veg: FF Veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from strawberry cheesecake**

**Meat: FF fishfingers**  
**Veg: Vegetable ff wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from strawberry cheesecake**

**Meat: FF breaded cod**  
**Veg: Sweetcorn Fritter**  
**With: Oven baked chips and peas**  
**Dessert: Free from strawberry cheesecake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from carrot and bean soup

Lunch box option

Your choice of a FF Sandwich, FF Roll or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and FF Breadsticks, popcorn, raisins, dried bananas, FF bread sticks, raw pepper batons.

Jacket potato Everyday items

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna ff mayo, and salad.

Milk, Water, FF Bread, Yoghurts and fruit are available every day.