



Autumn/winter Gluten and Egg Free Menu 2019/20

Paid meals are £2.40

Week One

Weeks beginning

4th Nov, 25th Nov, 16th Dec 20th Jan, 10th Feb

Week Two

Weeks beginning

11th Nov, 2nd Dec 6th Jan, 27th Jan

Week Three

Weeks beginning

18th Nov, 9th Dec 13th Jan, 3rd Feb

Monday



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

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

Meat: FF chicken goujons
Veg: Vegetable burger
With: Potato wedge and mixed veg
Dessert: Jelly

Tuesday



Meat: Shepherd's pie
Veg: Meat free mince shepherd's pie
With: Green beans and FF bread
Dessert: coconut collaborative chocolate pot

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

Meat: FF meatballs in gravy
Veg: Meat free meatballs in gravy
With: Mash and Green beans
Dessert: coconut collaborative chocolate pot

Wednesday



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

Meat: Roast Gammon
Veg: Cauliflower cheese
With: Roast potatoes, FF Yorkshire pud & veg
Dessert: FF biscuits

Meat: Roast chicken
Veg: Falafels
With: Roast potatoes, FF Yorkshire pud & veg
Dessert: FF biscuits

Thursday



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

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

Meat: Creamy chicken FF pasta bake
Veg: Vegetable 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: FF pancake and syrup

Meat: FF fishfingers
Veg: Veg ff wrap
With: Oven baked chips and peas
Dessert: FF pancake and syrup

Meat: FF breaded cod
Veg: Sweetcorn Fritter
With: Oven baked chips and peas
Dessert: FF pancake and syrup

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken or tomato

Lunch box option

Your choice of: 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

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

Everyday items

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