





# Autumn/winter Gluten Free Menu 2019/20

## 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**  
**Veg: FF cheese baguette pizza**  
**With: Potato wedge and mixed veg**  
**Dessert: Jelly**

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

**Meat: FF chicken goujons**  
**Veg: Quorn chicken pieces**  
**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 bolognese FF pasta**  
**Veg: Tomato FF pasta**  
**With: FF garlic bread and sweetcorn**  
**Dessert: Fruit salad and cream**

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

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

Friday



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

**Meat: FF fishfingers**  
**Veg: FF Mozzarella sticks**  
**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 Carrot and butterbean or tomato

Lunch box option

Your choice of: ff Sandwich, ff Roll or a ff Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo. All lunch boxes come with a piece of fruit, a yoghurt, a 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, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws

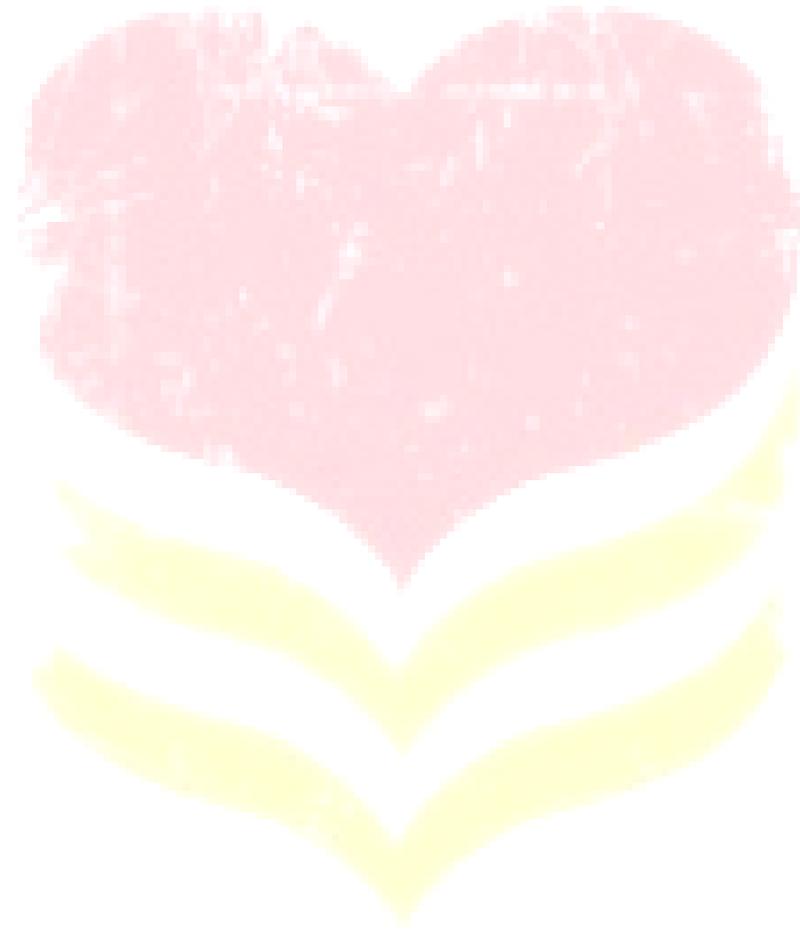
Jacket potato

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

Everyday items

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

*Paid meals are £2.40*



*Love Food*