



Gluten and Dairy Free Menu

WEEKS SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Gluten/dairy free fish fingers	Gluten/dairy free basil and tomato pasta	Gluten/dairy free chicken curry and rice	Roast lunch no stuffing, gluten free gravy	Baked potato with butter beans in tomato sauce dairy free cheese
Week 2	Gluten/dairy free fish fingers	Gluten and dairy free Mild beef chilli and rice	Gluten/dairy free chicken curry and rice	Roast lunch no stuffing, gluten free gravy	Gluten/dairy free chicken burger
Week 3	Gluten/dairy free fish fingers	Gluten/dairy free basil and tomato pasta	Gluten/dairy free chicken curry and rice	Roast lunch no stuffing, gluten free gravy	Gluten and dairy free sausage
Week 4	Gluten dairy free pasta bolognaise	Gluten and dairy free sausage with diced potatoes	Gluten/dairy free chicken curry and rice	Roast lunch no stuffing, gluten free gravy	Oven baked chicken goujons gluten free

Vegetarian Menu

WEEKS SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Margherita pizza Chips yoghurt	Tomato Penne pasta bake Mandarin sponge and custard	Cheese and tomato panini Potato Wedges peach raspberry traybake trifle	Spring roll Potatoes, veg Chocolate and pear sponge	Baked potato with butter beans in a tomato sauce Vanilla ice cream and pears
Week 2	Vegetable samosa Chips Yoghurt and fruit	Pizza Wedges Apple sponge and custard	Vegetable sausages with tomato and bean stew Veg and potatoes Fruit and yoghurt	Roast quorn Veg and potatoes Fruit muffin and milkshake	Vegetable burger Chips Veg Oatmeal biscuit and wedges
Week 3	Mighty mac and cheese Mousse	Spring frittata and coleslaw Herby potatoes Summer fruit sponge finger	Veggie curry and rice Blueberry and lemon sponge	Quorn dipper Veg and potato Cookie	Cheese and tomato deli roll chips Veg yoghurt
Week 4	Tomato and basil pasta Fruit	Mediterranean roast vegetable quesadilla chips and veg Cookie	Veggie curry and rice Pineapple upside down cake Custard	Spring roll Potatoes and veg Chocolate mousse	Veggie nuggets chips and veg Flakemeal biscuit