

Menu Autumn 2022—Gluten Free

Week 1

Week commencing 5 September, 26 September, 17 October, 14 November,
5 December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Chilli Con Carne	Oven Baked Sausages	Roast Turkey with sage & onion stuffing	Homemade Sweet and Sour Chicken	Salmon Fingers
Chicken Goujons			Chicken Fajitas	Margherita Pizza
Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)
Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)
Wrap (choice of fillings)	Wrap (choice of fillings)	Wrap (choice of fillings)	Wrap (choice of fillings)	Wrap (choice of fillings)
Rice Green Beans Salad Bar	Mashed potato Baked Beans Peas Salad Bar	Roast/Mashed Potatoes Fresh Carrots Gravy Salad Bar	Rice Tortilla Chips Mixed Vegetables Salad Bar	Chips Garden Peas/Sweetcorn Tomato Sauce Salad Bar
Pink Custard Fresh Fruit Yoghurt	Homemade Chocolate Cracknel Fresh Fruit Yoghurt	Raspberry Jelly & Fruit cocktail Fresh Fruit Yoghurt	Ice Cream and Pineapple Fresh Fruit Yoghurt	Fresh Fruit Yoghurt
PASTA POT FILLINGS Italian tomato sauce, cheese or tuna JACKET POTATO FILLINGS Cheese, beans, cheese and beans or tuna WRAP FILLINGS Ham, Chicken or Cheese				

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week 2

Week commencing 12 September, 3 October, 31 October, 21 November,
12 December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Meatballs with spaghetti	Homemade Chicken Curry Naan and rice	Roast Beef	Homemade Italian Bolognaise	Fish Fingers
Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)
Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)
Wrap with Crisps (choice of fillings)	Wrap with Crisps (choice of fillings)	Wrap (choice of fillings)	Wrap with Crisps (choice of fillings)	Wrap (choice of fillings)
Sweetcorn Salad Bar	Mixed Vegetables Salad Bar	Roast/Mashed Potatoes Fresh Carrots Gravy Salad Bar	Spaghetti Green Beans Salad Bar	Chips Garden Peas/Sweetcorn Tomato Sauce Salad Bar
Fruit Smoothie Fresh Fruit Yoghurt	Ice Cream and Peaches Fresh Fruit Yoghurt	Ice Cream Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt
PASTA POT FILLINGS Homemade Italian tomato sauce, cheese or tuna JACKET POTATO FILLINGS Cheese, beans, cheese and beans or tuna WRAP FILLINGS Ham, Chicken or Cheese				

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week 3

Week commencing 19 September, 10 October, 7 November, 28 November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Cottage Pie with Gravy	Pepperoni Pizza	Roast Gammon and Pineapple	Sausages	Fish Fingers
Beef Burger with Tomato sauce	Margherita Pizza			
Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)	Pasta Pots (choice of fillings)
Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)	Jacket Potatoes (choice of fillings)
Wrap (choice of fillings)	Wrap (choice of fillings)	Wrap (choice of fillings)	Wrap with Crisps (choice of fillings)	Wrap (choice of fillings)
Potato Wedges Baked Beans Peas Salad Bar	Potato Wedges Sweetcorn Salad Bar	Roast/Mashed Potatoes Fresh Carrots Gravy Salad Bar	Mashed Potato Baked Beans Peas Salad Bar	Chips Garden Peas/Sweetcorn Tomato Sauce Salad Bar
Ice Cream and Fruit Cocktail Fresh Fruit Yoghurt	Orange Jelly and Mandarins Fresh Fruit Yoghurt	Angel Delight and Peaches Fresh Fruit Yoghurt	Fruit Smoothie Fresh Fruit Yoghurt	Fresh Fruit Yoghurt
PASTA POT FILLINGS Homemade Italian tomato sauce, cheese or tuna JACKET POTATO FILLINGS Cheese, beans, cheese and beans or tuna WRAP FILLINGS Ham, Chicken or Cheese				