

Free Form Menu (Gluten & Dairy Free)

Week 1	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Lunch 1	GF Pasta with Tomato Sauce 9 Baby Carrots	Baked Potato Baked Beans Mixed Carrots & Peas	Sausage Dinner Roast Potatoes Gravy 7,9,10 Green Beans	Chicken Korma with Rice 7,9 Mixed Vegetables	Fish Fillet with Potato wedges 6 Peas
Lunch 2	Sweet Potato Falafel Sandwich Gluten Free & Vegan Rocky Road 7	Chicken sandwich Fresh Fruit	Ham Sandwich Apple & Blackcurrant Flavour Jelly	Chicken Sandwich Banana	Chicken Sandwich Mango & Orange Smoothie
Dessert					

Week 2	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Cauliflower & Lentils Pie 9,10 Carrot & Sweetcorn	Baked Potato with Beef Bolognaise 9 Peas & Cauliflower	Roast Chicken Roast potato Gravy 7,10 Mixed Vegetables	Masala Chicken Rice 7,9 Green Beans Carrot	Classic Beef Burger Potato Wedges 6 Corn on Cob
Lunch 2	Falafel Sandwich Gluten Free & Vegan Fruitcake 7	Chicken Sandwich Fresh Fruit	Ham Sandwich Raspberry Smoothie	Chicken Sandwich Jelly Pod	Ham Sandwich Space runner Ice Lolly
Dessert					

Free Form Menu (Gluten & Dairy Free)

Week 3	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Spaghetti with Rustic Tomato Sauce 7,9 Mixed Carrot & Sweetcorn	Chicken Goujons Potato wedges Baked Beans Cauliflower & Peas	Sausage Dinner Roast Potato Gravy 7,9,10 Mixed Broccoli & Greeb Beans	Chicken Tikka Masala & Rice 7,9 Mixed Vegetables	Fish fingers Potato Wedges Baked Beans 6 Peas
Lunch 2	Hummus & Salad Sandwich	Ham Sandwich	Chicken & Lettuce Sandwich	Ham Sandwich	Chicken Sandwich
Dessert	Strawberry Smoothie	Fresh Fruit	Vegan Fruit Cake 7	Apple & Blackberry Jelly	Ice Lolly