

Gluten Free Primary Menu Autumn Winter 2019

Monday (Week 1)		Monday (Week 2)		Monday (Week 3)	
M	GF Sausages	M	GF Pizza	M	GF pasta with Tomato Sauce and sprinkled with Cheese
V	Quorn and vegetables	V	Spanish Omelette (without MUSTARD)	V	Jacket Potato with Baked Beans
S	Potato Wedges ,Sweetcorn and Peas	S	GF Pasta and sweetcorn	S	Broccoli and Sweetcorn
D	GF Cake	D	Apple and pear GF Crumble with custard	D	GF cake
P		P		P	
Tuesday (Week 1)		Tuesday (Week 2)		Tuesday (Week 3)	
M	Chicken and vegetable potato topped pie	M	GF Sausage's with GF Pasta	M	Salmon and Broccoli Pie made with GF Flour
V	Pizza GF base	V	Cheese Omelette	V	Jacket Potato with Beans and Cheese
S	Boiled Potatoes and farmhouse veg	S	Broccoli and Peas	S	Carrots and Peas
D	Fruit Platter	D	Fruit Jelly and Ice Cream	D	GF Cookie
P		P		P	
Wednesday (Week 1)		Wednesday (Week 2)		Wednesday (Week 3)	
M	Roast Pork With GF Gravy	M	Roast Chicken With GF Gravy	M	Roast Beef with GF Gravy
V	Jacket Potato with Beans and Cheese	V	Jacket Potato with Beans and Cheese	V	Jacket Potato with Beans and Cheese
S	Roast Potatoes Broccoli and Carrots	S	Roast Potatoes Cabbage and Carrots	S	Roast Potatoes Carrots and Green Beans
D	GF Cake	D	Fruit Platter	D	Ice Cream and a Banana
P		P		P	
Thursday (Week 1)		Thursday (Week 2)		Thursday (Week 3)	
M	Bolognaise with GF Pasta	M	GF Sausage and Egg (Brunch)	M	Gluten Free Sausages
V	Jacket Potato with Cheese	V	Potato and Leek Cheese Bake	V	Jacket Potato with Beans
S	Sweetcorn and Coleslaw	S	Baked beans ,Mushrooms and Tomatoes	S	Mash Potato and Peas with Gluten Free Gravy
D	GF Shortcake	D	Fruit Platter	D	Fruit Platter
P		P		P	
Friday (Week 1)		Friday (Week 2)		Friday (Week 3)	
M	Gluten Free Fish Fingers	M	Gluten Free Fish Fingers	M	Gluten Free Fish Fingers
V	Jacket Potato and Cheese	V	Jacket Potato and Cheese	V	Jacket Potato and Cheese
S	Chips and Vegetables	S	Chips and Vegetables	S	Chips and Vegetables
D	Gluten Free Cookie	D	Gluten Free Cookie	D	Gluten Free Cookie