

Spring/ Summer 2021

GLUTEN FREE MENU APRIL 2021

# FOOD FESTIVAL

By Aspens

12 Apr 3 May, 24 May, 14 Jun, 5 Jul, 26 Jul, 16 Aug, 6 Sep, 27 Sep, 18 Oct

## WEEK ONE

	<b>MONDAY</b> Family Faves	<b>TUESDAY</b> Authentic Italian	<b>WEDNESDAY</b> Baking British	<b>THURSDAY</b> Food Festival	<b>FRIDAY</b> Fun Day
<b>Main Event</b>	<b>Sausage Bap GF</b> Baked Potato Wedges BBQ Beans ▲	<b>Veggie Supreme Pizza GF</b> Garlic Slice Sweetcorn ▼	<b>Roast Chicken GF</b> Roasties and Fresh Vegetables Gravy ▲	<b>Butter Chicken Curry</b> Wholegrain Rice Coconut Green Beans ▲	<b>Fish Fingers GF</b> Chips and Minted Crushed Peas
<b>Vegetarian Section</b>	<b>Homemade Vegan Sausage Roll GF</b> Baked Potato Wedges BBQ Beans ▼	<b>Quorn Bolognese and Spaghetti GF</b> Garlic Slice GF Sweetcorn ▼	<b>Lentil Veggie Loaf</b> Roasties and Fresh Vegetables Gravy ▼	<b>Butternut and Chickpea Pasanda</b> Wholegrain Rice Coconut Green Beans ▼	<b>Falafel and Hummus Wrap GF</b> Chips and Minted Crushed Peas ▼
<b>The Finale</b>	<b>Peach Melba Traybake GF</b>	<b>Italian Sticky Orange Cake GF</b>	<b>Carrot and Pineapple Muffin GF</b>	<b>Indian Kulfi Ice Cream</b>	<b>Yoghurt, Granola and Peaches</b>

Please ensure recipes from the Gluten Free Primary Recipe Book are used and cross referenced with recipe numbers

▲ Meat ▼ Veggie

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# FOOD FESTIVAL

By Aspens

19 Apr, 10 May, 31 May, 21 Jun, 12 Jul, 2 Aug, 23 Aug, 13 Sep, 4 Oct

WEEK TWO

	<b>MONDAY</b> <b>Family Faves</b>	<b>TUESDAY</b> <b>Authentic Italian</b>	<b>WEDNESDAY</b> <b>Baking British</b>	<b>THURSDAY</b> <b>Food Festival</b>	<b>FRIDAY</b> <b>Fun Day</b>
<b>Main Event</b>	<b>Chicken Thigh Burger GF</b> Baked Potato Wedges Rainbow Slaw ▲	<b>Beef Bolognese GF</b> GF Pasta Garlic Slice Green Salad ▲	<b>Honey Roast Gammon</b> Roasties and Fresh Vegetables Gravy ▲	<b>Chicken Fajita GF</b> Tomato Rice Salad Mexican Slaw ▲	<b>Fish Finger Bap GF</b> Chips and Peas
<b>Vegetarian Section</b>	<b>Cheesy Topped Penne GF</b> Baked Potato Wedges Rainbow Slaw ▼	<b>Vegetable Bolognese GF</b> Whole Grain Penne Garlic Slice Green Salad ▼	<b>Potato and Spinach Frittata</b> Roasties and Fresh Vegetables Gravy ▼	<b>Mixed Bean Fajita GF</b> Tomato Rice Salad Mexican Slaw ▼	<b>Baked Bean and Cheese Wrap GF</b> Chips and Peas ▼
<b>The Finale</b>	<b>Apple Brown Betty GF</b>	<b>Tutti Frutti Sponge GF</b>	<b>Mango and Coconut Slice GF</b>	<b>Mexican Chocolate Pudding GF</b>	<b>Frozen Banana Mousse Pot</b>

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▲ Meat ▼ Veggie

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GLUTEN FREE MENU APRIL 2021

# FOOD FESTIVAL

By Aspens

26 Apr, 17 May, 7 Jun, 28 Jun, 19 Jul, 9 Aug, 30 Aug, 20 Sep, 11 Oct

## WEEK THREE

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
<b>Main Event</b>	<b>Sausage Pasta Bake GF</b> Sweetcorn	<b>Veggie Supreme Pizza GF</b> Oven Baked Wedges Veggie Sticks	<b>Lemon and Herb Chicken</b> Roasties and Fresh Vegetables Gravy	<b>Sweet Chilli Chicken and Noodles GF</b> Carrot Ribbons	<b>Fish Fingers GF</b> Chips and Beans
<b>Vegetarian Section</b>	<b>Quorn Shepherdess Pie GF</b> Sweet Potato Mash Sweetcorn	<b>Cheese and Tomato Pasta Bake</b> Oven Baked Wedges Veggie Sticks	<b>Smoked Cheese and Onion Slice</b> Roasties and Fresh Vegetables Gravy		<b>Vegan Sausage Roll GF</b> Chips and Baked Beans
<b>The Finale</b>	<b>Chocolate Cake</b>	<b>Sweet Potato Brownie GF</b>	<b>Italian Crumble Cake GF</b>	<b>Caramelised Bananas and Toffee Sauce</b>	<b>Lemon and Sultana Cookie</b>

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▲ Meat    ▼ Veggie