



Gluten Free Menu November 2023 - February 2024

		Week One 30th Oct, 20th Nov, 1st Jan, 22nd Jan	Week Two 6th Nov, 27th Nov, 8th Jan, 29th Jan	Week Three 4th Dec, 15th Jan, 5th Feb
		11th December Christmas Week (tbc)		
Monday	Option 1	GF Pasta Provencale	GF Tomato Pasta	GF Vegetable Pasta Bake
	Option 2			
	served with	Baked Beans & Peas	Sweetcorn & Green Beans	Peas & Baked Beans
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		Frozen Dessert	Frozen Dessert	Frozen Dessert
		Fresh Fruit/Jelly		
Tuesday	Option 1	Chicken in tomato sauce	Chicken & Vegetable Casserole	GF Chicken Steak
	Option 2			
	served with	Rice Carrots & Sweetcorn	Creamed Potatoes Broccoli & Mixed Veg	Home-made Wedges Mixed Salad
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		Fresh Fruit/Jelly	Fresh Fruit/Jelly	Fresh Fruit/Jelly
Wednesday	Option 1	Roast Chicken & Gravy	GF Sausage & Gravy	Roast Pork & Gravy
	Option 2	Veggie Sausage Bake		
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Diced Carrots & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		GF Cookie	GF Cookie	GF Cookie
		Fresh Fruit/Jelly		
Thursday	Option 1	Burger	Bolognese	Meatballs
	Option 2			
	served with	Wedges Cucumber & Coleslaw	GF Pasta Sweetcorn & Broccoli	Home-Made Wedges Cucumber & Peas
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		GF Fruit Crumble & Custard	GF Fruit Crumble & Custard	GF Fruit Crumble & Custard
		Fresh Fruit/Jelly		
Friday	Option 1	GF Fish Fingers	GF Fish Fingers	GF Fish Fingers
	Option 2			
	served with	Chips Baked Beans & Sweetcorn	Chips Baked Beans & Peas	Chips Baked Beans & Sweetcorn
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		Cooks Choice of Dessert	Cooks Choice of Dessert	Cooks Choice of Dessert
		Fresh Fruit/Jelly		
Suitable for Vegetarians		All items are subject to availability		
Suitable for Vegans & Vegetarians		Salad and fresh drinking water are available with every meal		
Contains Fish		All vegetarian dishes with * can be made suitable for vegans		
		www.wholeschoolmeals.co.uk		