

Gluten & Dairy Free Menu November 2023 - February 2024				
<div><div><div><div>whole</div><div>SCHOOL</div><div>meals</div></div><div>REAL FOOD FOR REAL ENERGY</div></div></div>		Week One	Week Two	Week Three
		30th Oct, 20th Nov, 1st Jan, 22nd Jan	6th Nov, 27th Nov, 8th Jan, 29th Jan	4th Dec, 15th Jan, 5th Feb
		11th December Christmas Week (tbc)		
Monday	Option 1			
	Option 2	GF Pasta Provencale	GF Tomato Pasta	GF Vegetable Pasta Bake
	served with	Baked Beans & Peas	Sweetcorn & Green Beans	Peas & Baked Beans
	Option 3	*Jacket Potato with Beans	*Jacket Potato with Beans	*Jacket Potato with Beans
	Dessert	Frozen Smoothie Fresh Fruit/Jelly	Frozen Smoothie Fresh Fruit/Jelly	Frozen Smoothie Fresh Fruit/Jelly
	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
Tuesday	Option 3	*Jacket Potato with Beans	*Jacket Potato with Beans	*Jacket Potato with Beans
	Dessert	Fresh Fruit/Jelly	Fresh Fruit/Jelly	Fresh Fruit/Jelly
	Option 1	Roast Chicken & Gravy	GF Sausage & Gravy	Roast Pork & Gravy
	Option 2	Veggie Sausage Bake		
Wednesday	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 Beans	*Jacket Potato with Beans	*Jacket Potato with Beans
	Dessert	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly	GF Cookie Fresh Fruit/Jelly
	Option 1	Burger	Bolognese	Meatballs
Thursday	Option 2			
	served with	Wedges Cucumber & Coleslaw	GF Pasta Sweetcorn & Broccoli	Home-Made Wedges Cucumber & Peas
	Option 3	*Jacket Potato with Beans	*Jacket Potato with Beans	*Jacket Potato with Beans
	Dessert	GF Fruit Crumble Fresh Fruit/Jelly	GF Fruit Crumble Fresh Fruit/Jelly	GF Fruit Crumble 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 Beans	*Jacket Potato with Beans	*Jacket Potato with Beans
	Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly
<div><div><div><div></div><div>VEGETARIAN</div></div><div>Suitable for Vegetarians</div></div><div><div><div><div></div><div>VEGAN</div></div><div>Suitable for Vegans & Vegetarians</div></div><div><div><div><div></div><div>CONTAINS FISH</div></div><div>Contains Fish</div></div></div></div></div>		<div>All items are subject to availability</div> <div>Salad and fresh drinking water are available with every meal</div> <div>All vegetarian dishes with * can be made suitable for vegans</div> <div>www.wholeschoolmeals.co.uk</div>		
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