

Week 1				
Gluten & Dairy Free Menu				
Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Gluten Free Fish Fingers with Diced Potatoes <i>Gluten Free TR Code: 01652</i>	BBQ Chicken with Rice	Roast British Gammon No Yorkshire Pudding	Lemon & Garlic Chicken with Wedges	Gluten Free Fish Fingers with Oven Baked Chips <i>Gluten Free TR Code: 01652</i>
Jacket Potato with a Choice of Toppings: Baked Beans (VE) or Tuna (with No Mayo) or Vegan Cheese (TR Code: 04070u)	Rustic Italian Meatballs Gluten Free Pasta TR Code: 68174u No Lentils in Tomato Based Sauce.	Tomato Pasta (V) Gluten Free Pasta TR Code: 68174u No cheese or lentils in tomato based sauce	Jacket Potato with Baked Beans (VE)	Gluten Free Wrap (06246) (Ham or Tuna with No Mayo or VE Cheese) Vegan Cheese TR Code: 04070u
			Margherita Pizza with Wedges (V) Gluten Free Base Code: 01502 No Cheese unless its Vegan Cheese TR Code: 04070u No Lentils in tomato based sauce.	
Farmhouse Mixed Vegetables	Sweetcorn	Carrots	Coleslaw	Peas
Baked Beans	Broccoli	Spring Greens	Sweetcorn	Cauliflower
Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie

Gluten Free Pizza Base Allergens: N/A

Gluten Free Wrap (06246) Allergens: N/A

Gluten Free Pasta (68174) Allergens: N/A

Vegan Violife Grated Cheese (04070u) Allergens: N/A

Week 2				
Gluten & Dairy Free Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Wrap <i>(Ham or Tuna with No Mayo or VE Cheese)</i> Vegan Cheese TR Code: 04070u	Plain Chicken with Rice	Traditional Roast Turkey No Yorkshire Pudding	Sticky Chicken with Rice	Gluten Free Fish Fingers with Oven Baked Chips Gluten Free TR Code: 01652
Tomato Pasta (V) Gluten Free Pasta TR Code: 68174u <i>No cheese or lentils in tomato based sauce</i>	Jacket Potato with a Choice of Toppings: Baked Beans (VE) or Tuna (with No Mayo) or Vegan Cheese (TR Code: 04070u)	Tomato Pasta (V) Gluten Free Pasta TR Code: 68174u <i>No cheese or lentils in tomato based sauce</i>	Gluten Free Wrap (06246) (Ham or Tuna with No Mayo or VE Cheese) Vegan Cheese TR Code: 04070u	Jacket Potato with a Choice of Toppings: Baked Beans (VE) or Tuna (with No Mayo) or Vegan Cheese (TR Code: 04070u)
Peas	Farmhouse Veg	Cabbage	Broccoli	Cauliflower
Sweetcorn	Baked Beans	Carrots	Sweetcorn	Peas
Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie

Gluten Free Pizza Base Allergens: N/A
Gluten Free Wrap (06246) Allergens: N/A
Gluten Free Pasta (68174) Allergens: N/A
Vegan Violife Grated Cheese (04070u) Allergens: N/A

Week 3				
Gluten & Dairy Free Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Fish Fingers with Wedges <i>Gluten Free TR Code: 01652</i>		Roast Chicken With No Yorkshire Pudding Only Simply Mash!	Southern Style Chicken with Potato Dippers	Gluten Free Fish Fingers with Oven Baked Chips <i>Gluten Free TR Code: 01652</i>
Sweet Chilli Chicken Pasta <i>Gluten Free Pasta TR Code: 68174u</i> <i>No lentils in tomato based sauce.</i>	Jacket Potato with a Choice of Toppings: <i>Baked Beans (VE) or Tuna (with No Mayo) or Vegan Cheese (TR Code: 04070u)</i>	Tomato Pasta (V) <i>Gluten Free Pasta TR Code: 68174u</i> <i>No cheese and lentils in the tomato based sauce.</i>	Gluten Free Wrap (06246) <i>(Ham or Tuna with No Mayo or VE Cheese)</i> <i>Vegan Cheese TR Code: 04070u</i>	
	Margherita Pizza (V) with Gluten Free Pasta <i>Gluten Free Base Code: 01502</i> <i>No Cheese unless its Vegan Cheese TR Code: 04070u</i> <i>No lentils in tomato based sauce.</i>			
Sweetcorn	Farmhouse Veg	Carrots	Sweetcorn	Peas
Green Beans	Peas	Broccoli	Baked Beans	Cauliflower
Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie	Fresh Fruit/ Fruit Jelly/ Iced Fruit Smoothie

Gluten Free Pizza Base Allergens: N/A
Gluten Free Wrap (06246) Allergens: N/A
Gluten Free Pasta (68174) Allergens: N/A
Vegan Violife Grated Cheese (04070u) Allergens: N/A