

Week 1				
Gluten & Dairy Free Menu				
Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
	BBQ Chicken with Rice	Roast British Gammon <i>No Yorkshire Pudding</i>	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: <i>Baked Beans (VE) or Tuna (with No Mayo) or Vegan Cheese (TR Code: 04070u)</i>	Rustic Italian Meatballs (VE) <i>Gluten Free Pasta TR Code: 68174u</i> <i>No Lentils in Tomato Based Sauce.</i>	Tomato Pasta (V) <i>Gluten Free Pasta TR Code: 68174u</i> <i>No cheese or lentils in tomato based sauce</i>	Jacket Potato with Baked Beans (VE)	Gluten Free Wrap (06246) <i>(Ham or Tuna with No Mayo or VE Cheese)</i> <i>Vegan Cheese TR Code: 04070u</i>
			Margherita Pizza with Wedges (V) <i>Gluten Free Base Code: 01502</i> <i>No Cheese unless its Vegan</i> <i>Cheese TR Code: 04070u No Lentils in tomato based sauce.</i>	
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

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
	Plain Chicken with Rice	Traditional Roast Turkey <i>No Yorkshire Pudding</i>	Sticky Chicken with Rice	Gluten Free Fish Fingers with Oven Baked Chips <i>Gluten Free TR Code: 01652</i>
Tomato Pasta (V) <i>Gluten Free Pasta TR Code: 68174u No cheese or 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 No cheese or lentils in tomato based sauce</i>	Gluten Free Wrap (06246) <i>(Ham or Tuna with No Mayo or VE Cheese) Vegan Cheese TR Code: 04070u</i>	Jacket Potato with a Choice of Toppings: <i>Baked Beans (VE) or Tuna (with No Mayo) or Vegan Cheese (TR Code: 04070u)</i>
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
			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 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 No cheese and lentils in the tomato based sauce.</i>	Gluten Free Wrap (06246) <i>(Ham or Tuna with No Mayo or VE Cheese) Vegan Cheese TR Code: 04070u</i>	
	Margherita Pizza (V) with Gluten Free Pasta <i>Gluten Free Base Code: 01502 No Cheese unless its Vegan Cheese TR Code: 04070u No lentils in tomato based sauce.</i>			Hot Cheesy Quesadillas with Oven Baked Chips (V) (Gluten Free Wraps (06246) with NO lentils in the tomato Based Sauce & Vegan Violife Cheese (04070)
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