

## WHOLE SCHOOL MEALS - MENU - TERMS 1 & 2 - 2019 - GLUTEN & DAIRY INTOLERANT

GLUTEN FREE COOKIES OR FROZEN FRUIT SMOOTHIE MAY BE USED AS AN ALTERNATIVE TO FRUIT OR JELLY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Mexican Bean Nachos Omit Cheese  Grated Carrot & Sweetcorn  Fresh Fruit/Jelly	Chicken & Ham Hot Pot with Gravy <span style="color: red;">Do not top with Pastry</span>  Creamed Potatoes  Broccoli & Mixed Vegetables  Fresh Fruit/Jelly	Roast Pork with Apple Sauce & Gravy  Roast/Boiled Potatoes  Local Seasonal Vegetables & Cooks Choice  Fresh Fruit/Jelly	Pasta Bolognese <span style="color: red;">Use GF Pasta &amp; Do Not Serve with Cheese</span> Pasta Provencale <span style="color: red;">Use GF Pasta &amp; Do Not Serve with Cheese</span> Garlic Dough Balls  Peas & Carrots  Fresh Fruit/Jelly	GF Fish Fingers  Chips  Baked Beans & Sweetcorn  Fresh Fruit/Jelly
WEEK 2	Jacket Potato with Baked Beans  Coleslaw & Roasted Tomatoes  Fresh Fruit/Jelly	GF Fish Fingers or Spicy Tomato Pasta <span style="color: red;">Use GF Pasta</span> New Potatoes  Peas & Sweetcorn  Fresh Fruit/Jelly	Roast Chicken with Gravy  Roast/Boiled Potatoes  Local Seasonal Vegetables & Cooks Choice  Fresh Fruit/Jelly	GF Pasta Bolognese <span style="color: red;">Use GF Pasta &amp; Do Not Serve with Cheese</span> Jacket Potato with Baked Beans  Mixed Vegetables & Broccoli  Fresh Fruit/Jelly	GF Sausages  Chips  Baked Beans & Cucumber Sticks  Fresh Fruit/Jelly
WEEK 3	Tuna & Sweetcorn Pasta <span style="color: red;">Use GF Pasta</span> Penne Pasta with Peas & Broad Beans <span style="color: red;">Use GF Pasta</span>  Roasted Carrots & Salad Leaves  Fresh Fruit/Jelly	Meatballs & GF Pasta <span style="color: red;">Omit Stuffing from Meatballs</span>  Cauliflower & Sweetcorn  Fresh Fruit/Jelly	Roast Gammon & Gravy  Roast/Boiled Potatoes  Local Seasonal Vegetables & Cooks Choice  Fresh Fruit/Jelly	Chicken Nachos <span style="color: red;">Do not serve with cheese</span>  Savoury Rice  Cucumber & Carrots Batons  Fresh Fruit/Jelly	GF Fish Fingers  Chips  Baked Beans & Mixed Salad  Fresh Fruit/Jelly

See [www.wholeschoolmeals.co.uk/menus](http://www.wholeschoolmeals.co.uk/menus) for week dates