

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Mexican Bean Nachos Grated Carrot & Sweetcorn GF Cookie Fresh Fruit/Yoghurt/Jelly	Chicken & Ham Hot Pot with Gravy Do not top with Pastry Creamed Potatoes Broccoli & Mixed Vegetables Frozen Fruit Smoothie Fresh Fruit/Yoghurt/Jelly	Roast Pork with Apple Sauce & Gravy Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Mixed Fruit & Ice Cream Fresh Fruit/Yoghurt/Jelly	Pasta Bolognese Use GF Pasta Pasta Provencale Use GF Pasta Garlic Dough Balls Peas & Carrots Berries & Custard Fresh Fruit/Yoghurt/Jelly	GF Fish Fingers Chips Baked Beans & Sweetcorn GF Cookie Fresh Fruit/Yoghurt/Jelly
WEEK 2	Jacket Potato with Baked Beans Coleslaw & Roasted Tomatoes Fruit & Ice Cream Fresh Fruit/Yoghurt/Jelly	GF Fish Fingers or Spicy Tomato Pasta Use GF Pasta New Potatoes Peas & Sweetcorn Fruit & Chocolate Sauce Fresh Fruit/Yoghurt/Jelly	Roast Chicken with Gravy Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Angel Delight Fresh Fruit/Yoghurt/Jelly	GF Pasta Bolognese or Jacket Potato with Baked Beans Mixed Vegetables & Broccoli GF Cookie Fresh Fruit/Yoghurt/Jelly	GF Sausages Chips Baked Beans & Cucumber Sticks Frozen Fruit Smoothie Fresh Fruit/Yoghurt/Jelly
WEEK 3	Tuna & Sweetcorn Pasta Use GF Pasta Penne Pasta with Peas & Broad Beans Use GF Pasta Roasted Carrots & Salad Leaves GF Cookie Fresh Fruit/Yoghurt/Jelly	Meatballs & GF Pasta Omit Stuffing from Meatballs Cauliflower & Sweetcorn Fruit & Custard Fresh Fruit/Yoghurt/Jelly	Roast Gammon & Gravy or Winter Vegetable Bake Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Ice Cream Fresh Fruit/Yoghurt/Jelly	Chicken Nachos Savoury Rice Cucumber & Carrots Batons GF Cookie Fresh Fruit/Yoghurt/Jelly	GF Fish Fingers Chips Baked Beans & Mixed Salad Frozen Fruit Smoothie Fresh Fruit/Yoghurt/Jelly

See www.wholeschoolmeals.co.uk/menus for week dates