

Gluten and Dairy Free Menu Weeks 1 - 3. Autumn Term 2025 (from w/b 1st Sept)

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------------------------|--------------------------|------------------------------------|------------------------|--------------------|
| Main | Jacket Potato with Filling | Sweet and Sour Chicken | GF Pasta in Tomato and Basil Sauce | Roast Beef in Gravy | GF Chicken Goujons |
| Carbohydrate | | Basmati Rice | | Roast Potatoes | Oven Chips |
| Vegetable | Seasonal Vegetables | Broccoli | Seasonal Vegetables | Carrots | Baked Beans |
| Vegetarian Option | | | | | |
| Pudding | Fruit and Sorbet | Chocolate Sponge Pudding | Sponge Cake | Sorbet | Muffin |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Chicken & Veg Casserole | Savoury Minced Beef | GF Pasta in Tomato and Basil Sauce | Roast Chicken in Gravy | GF Chicken Goujons |
| Carbohydrate | Sauté Potatoes | Potato Wedges | | Roast Potatoes | Oven Chips |
| Vegetable | Peas | Sweetcorn | Seasonal Vegetables | Vegetable Medley | Baked Beans |
| Vegetarian Option | | | | | |
| Pudding | Fruit and Sorbet | Sponge | Chocolate Sponge | Sorbet | Muffin |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | GF Pasta in Tomato and Basil Sauce | Chicken Curry | Beef Bolognese Sauce | Roast Pork & Gravy | GF Chicken Goujons |
| Carbohydrate | | Basmati Rice | GF Penne Pasta | Sauté Potatoes | Oven Chips |
| Vegetable | Seasonal Vegetables | Peas | Broccoli | Carrots | Baked Beans |
| Vegetarian Option | | | | | V |
| Pudding | Fruit and Sorbet | Sponge | Sponge | Sorbet | Muffin |
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| Jacket Potato and fillings available daily | | | | | |