

# Menu made without ingredients that contain Gluten

## Spring Summer 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Gluten free pizza with oven baked oregano wedges & sweetcorn ✓	Chicken fillet with rainbow rice	Roast British gammon with roast potatoes & gravy	Gluten free crumbed chicken grill with gluten free bun & spicy wedges	Gluten free fish fingers with oven chips
	Sweetcorn Baked Beans	Peas Spring salad	Broccoli florets Baton carrots	Coleslaw	Peas Sweetcorn
	Gluten free citrus shortbread ✓	Fresh fruit salad with crème fraîche ✓	Yoghurt selection ✓	Gluten free jam & coconut shortbread ✓	Gluten free choc & courgette cake with crème fraîche or fresh fruit selection ✓
Week Two	Gluten free BBQ Quorn pasta bake ✓	Mediterranean style pork steak with rice & sweetcorn	Roast British chicken with roast potatoes & gravy	Beef bolognese with jacket potato	Gluten free fish fingers with oven chips
	Peas Carrots	Sweetcorn Peas	Sliced green beans Carrot roundels	Spring salad	Peas Baked beans
	Gluten free summer fruit crumble with custard ✓	Mixed melon salad with citrus drizzle ✓	Yoghurt selection ✓	Gluten free citrus shortbread ✓	Gluten free vegan chocolate & beetroot brownie with chocolate sauce ✓
Week Three	2 cheese homemade vegetable pizza with jacket wedges ✓	Chicken & butternut curry with rice	Pulled pork with roast potatoes & gravy	Pork steak with mini potato waffles	Gluten free fish fingers with spicy wedges
	Cucumber sticks	Green beans Peas	Carrot batons Spring greens	Broccoli florets Sliced carrots	Garden peas Baked beans
	Gluten free choc & courgette cake	Cheese & gluten free bread with apple slices ✓	Yoghurt selection ✓	Rainbow jelly & crème fraiche with melon slice ✓	Gluten free butterscotch cookie with a drink of milk