

# Menu made without ingredients that contain Gluten

## Spring Summer 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Gluten Free Cheese & Tomato Pizza with Potato Tots ✓	Pork Slices with Creamed Potato & Gravy	Roast Pork with Roast Potatoes & Gravy	Wholemeal Pasta Beef Bolognese	Gluten Free Fish Fingers with Oven Chips
	Gluten Free Cheese & Tomato Pizza with Potato Tots ✓	Quorn Frankfurter with Creamed Potato & Gravy	Quorn Fillet with Roast Potatoes & Gravy ✓	Gluten Free Pasta with Tomato Sauce	Garden Vegetable Goujons with Oven Chips
	Coleslaw Garden Peas	Sweetcorn Green Beans	Carrots Broccoli	Medley of Vegetables	Garden Peas Baked Beans
	Shortbread Biscuit ✓	Fruit Yoghurt ✓	Orange & Mandarin Jelly with Crème Fraîche ✓	Fresh Fruit Salad ✓	Vanilla Ice Cream ✓
Week Two	Mediterranean Pasta Bake ✓	Beef Burger in a Gluten Free Bun with Oven Chips	Roast Chicken with Roast Potatoes & Gravy	Sweet & Sour Pork with Rice	Gluten Free Fish Fingers with Potato Tots
	Mediterranean Pasta Bake ✓	Quorn Frankfurter in a Gluten Free Bun with Oven Chips ✓	Quorn Fillet with Roast Potatoes & Gravy ✓	Gluten Free Pasta in Cheese Sauce with GF Garlic Bread ✓	Garden Vegetable Goujons with Potato Tots ✓
	Green Beans Carrots	Garden Peas Sweetcorn	Cauliflower Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
	Orange Shortbread with Fresh Orange Wedge ✓	Mixed Berry Mousse ✓	Cheese & Gluten Free Bread with Apple Slices ✓	Fruit Yoghurt ✓	Gluten Free Chocolate & Beetroot Brownie with Crème Fraîche ✓
Week Three	Mediterranean Pasta Bake ✓	Chicken with Rice	Roast Turkey Teddy Meatloaf with Roast Potatoes & Gravy	Savoury Mince with New Potatoes & Gravy	Gluten Free Fish Fingers with Oven Chips
	Mediterranean Pasta Bake ✓	Cheese & Baked Bean filled Jacket Potato ✓	Quorn Fillet with Roast Potatoes & Gravy ✓	Veggie Bites in Tomato Sauce with Gluten Free Pasta ✓	Garden Vegetable Goujons with Oven Chips ✓
	Coleslaw Broccoli	Sweetcorn Garden Peas	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Garden Peas
	Fruity Yoghurt ✓	Apple Muffin with Crème Fraîche ✓	Strawberry Mousse ✓	Fresh Fruit Salad ✓	Beetroot Blondie with Crème Fraîche ✓