

GLUTEN FREE MENU SPRING/SUMMER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	GF Margherita pizza MILK/SOYA MAY CONTAIN EGG/MUSTARD	Stir fried sweet chicken noodles	Roast pork dinner	Chicken tikka masala curry	Cheese & tomato pasta MILK MAY CONTAIN SOYA
Week 2	Mexican style beef chilli SOYA/MUSTARD	Mac 'n' cheese MILK/MUSTARD MAY CONTAIN SOYA	Roast chicken dinner	Vegetable biryani	BBQ chicken & pepper pizza MILK/SOYA MAY CONTAIN EGG/MUSTARD
Week 3	Chicken & salsa wrap MILK	Pepperoni pizza MILK/SOYA/MUSTARD MAY CONTAIN EGG	Roast pork dinner	Cheese & tomato frittata EGG/MILK	Cheesy potato taquitos MILK/MUSTARD
Week 4	Sausage & bacon wrap	Pasta with tomato sauce MAY CONTAIN SOYA	Roast chicken dinner	Beef burrito MILK/MUSTARD	Tuna & sweetcorn pizza MILK/FISH/SOYA MAY CONTAIN EGG/MUSTARD
		AVA	ILABLE DAILY		
Cheese sandwich – EGG/MILK			Jacket potato with the following fillings:		
Tuna mayo sandwich - EGG/MILK/FISH			Cheese – MILK		
Ham sandwich – EGG/MILK			Baked beans		
Chicken tikka wrap			Tuna mayo – FISH/EGG		
DAILY DESSERTS Jelly Fruit Ice cream – MILK					