

CELEBRATING 20 YEARS

NOURISH
GROW WITH US
Established 2003

GLUTEN FREE MENU

OCT 23 TO MAR 24



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					
30th Oct	Cauliflower & Chick Pea Curry ^{VG} Jackets with a Choice of Toppings ^{7,8,9}	Chicken Stew	Savoury Minced Beef Jackets with a Choice of Toppings ^{7,8,9}	Falafels ^{VG} Jackets with a Choice of Toppings ^{7,8,9}	Gluten Free Battered Fish ⁸
27th Nov	Rice, Sweetcorn Peppers	Green Beans Carrots	Rustic Roast Potatoes Cauliflower, Broccoli	New Potatoes Seasonal Vegetables	Chips, Peas Baked Beans
8th Jan	Rice Pudding & Jam ⁷ Yoghurt ^{3,7} Fruit Pots	Custard ⁷ Yoghurt ^{3,7} Fruit Pots	Fruit Jelly Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots	Coleslaw ⁹ Yoghurt ^{3,7} Fruit Pots
5th Feb					
11th Mar					
Week 2					
6th Nov	Rice & Bean Biryani ^{VG} Jackets with a Choice of Toppings ^{7,8,9}	Chinese Chicken	Roast Chicken & Gravy Jackets with a Choice of Toppings ^{7,8,9}	Mild Chilli ⁴ Sweet & Sour Vegetables ^{VG}	Salmon Risotto ⁸ Jackets with a Choice of Toppings ^{7,8,9}
4th Dec	Seasonal Vegetables	Rainbow Rice Carrots Peas	Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn	Rice, Carrots Green Beans	Chips, Peas Baked Beans Cucumber Sticks
15th Jan	Ice Cream ⁷ Yoghurt ^{3,7} Fruit Pots	Custard ⁷ Yoghurt ^{3,7} Fruit Pots	Popcorn & Raisin Pot Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots
19th Feb					
18th Mar					
Week 3					
13th Nov	Vegetable Bolognese on Half a Jacket ^{VG} Jackets with a Choice of Toppings ^{7,8,9}	Chicken Curry	Roast Beef & Gravy Jackets with a Choice of Toppings ^{7,8,9}	Chicken & Sweetcorn Casserole Loaded Sweet Potato ^{VG}	Gluten Free Sausages Jackets with a Choice of Toppings ^{7,8,9}
11th Dec	New Potatoes Green Beans, Carrots	Rice Sweetcorn Onion Slaw	Rustic Roast Potatoes or Jollof Rice Cabbage, Peas	New Potatoes Seasonal Vegetables	Chips, Peas Baked Beans Roasted Onions
22nd Jan	Chocolate Whip ⁷ Yoghurt ^{3,7} Fruit Pots	Custard ⁷ Yoghurt ^{3,7} Fruit Pots	Fruit Jelly Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots
26th Feb					
25th Mar					
Week 4					
20th Nov	Vegetable Biryani ^{VG} Jackets with a Choice of Toppings ^{7,8,9}	BBQ Chicken	Roast Chicken & Gravy Jackets with a Choice of Toppings ^{7,8,9}	Bolognese on Half Jacket Cheesy Cajun Wedges ^{4,7,9}	Gluten Free Battered Fish ⁸
1st Jan	Rainbow Pasta Sweetcorn Peppers	Rice Seasonal Vegetables	Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots	Jackets with a Choice of Toppings ^{7,8,9} Cauliflower, Broccoli	Chips, Peas Baked Beans Coleslaw ⁹
29th Jan	Strawberry Mousse ⁷ Yoghurt ^{3,7} Fruit Pots	Chocolate Custard ⁷ Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots	Yoghurt ^{3,7} Fruit Pots
4th Mar					



Dishes marked with any of the following numbers contain the matching allergen.

- 1 Wheat Gluten
- 2 Crustaceans
- 3 Soybean
- 4 Mustard
- 5 Sesame
- 6 Sulphites/Sulphur Dioxide
- 7 Milk
- 8 Fish
- 9 Egg
- 10 Peanuts
- 11 Molluscs
- 12 Celeriac/Celery
- 13 Nuts
- 14 Lupins
- 15 Oat Gluten
- 16 Barley Gluten

Allergies Accredited

LOOK OUT FOR OUR THEMED DAYS!

GLUTEN FREE LEWISHAM

KEY: VG Vegan V Vegetarian

Available Daily: Selection of Salads 9.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.