

# GLUTEN FREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Sweet Potato & Bean Pie vg Jackets with a Choice of Toppings 7,8,9 ~~~~~ Peas Carrots ~~~~~ Custard 7 Fruit Pots vg	Savoury Mince Potato Nachos with Bean & Tomato Topping 7 V ~~~~~ New Potatoes Seasonal Vegetables ~~~~~ Strawberry Mousse 7 Fruit Pots vg	Roast Chicken & Gravy Vegetable Chilli vg Jackets with a Choice of Toppings 7,8,9 ~~~~~ Rustic Roast Potatoes or Jollof Rice Broccoli, Sweetcorn ~~~~~ Yoghurt 3,7 Fruit Pots vg	Cajun Chicken 4 ~~~~~ Rice Cauliflower Carrots ~~~~~ Yoghurt 3,7 Fruit Pots vg	Gluten Free Battered Fish 8 Jackets with a Choice of Toppings 7,8,9 ~~~~~ Chips, Peas Baked Beans, Carrot Sticks ~~~~~ Yoghurt 3,7 Fruit Pots vg
<b>WEEK 2</b>	Chicken Stew Jackets with a Choice of Toppings 7,8,9 ~~~~~ New Potatoes Seasonal Vegetables ~~~~~ Ice Cream 7 Fruit Pots vg	BBQ Pulled Chicken Loaded Wedges ~~~~~ Sweetcorn Courgettes ~~~~~ Chocolate Sauce 7 Fruit Pots vg	Roast Turkey & Gravy Jackets with a Choice of Toppings 7,8,9 ~~~~~ Rustic Roast Potatoes or Jollof Rice Cabbage, Carrots ~~~~~ Fruit Jelly vg Yoghurt 3,7 Fruit Pots vg	Barley Free Vegetable Hot Pot vg Jackets with a Choice of Toppings 7,8,9 ~~~~~ Carrots Green Beans ~~~~~ Yoghurt 3,7 Fruit Pots vg	Gluten Free Battered Fish 8 ~~~~~ Chips, Peas Baked Beans Coleslaw 9 ~~~~~ Yoghurt 3,7 Fruit Pots vg
<b>WEEK 3</b>	Sweet Chicken Curry Jackets with a Choice of Toppings 7,8,9 ~~~~~ Rice Seasonal Vegetables ~~~~~ Custard 7 Fruit Pots vg	Chicken Pattie 6 ~~~~~ Mashed Potato Baked Beans ~~~~~ Broccoli ~~~~~ Fruit Pots vg	Roast Chicken & Gravy Jackets with a Choice of Toppings 7,8,9 ~~~~~ Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots ~~~~~ Yoghurt 3,7 Fruit Pots vg	Loaded Cajun Bean Wedges vg ~~~~~ New Potatoes Sweetcorn Peppers ~~~~~ Yoghurt 3,7 Fruit Pots vg	Gluten Free Battered Fish 8 Summer Frittata 7,9 V Jackets with a Choice of Toppings 7,8,9 ~~~~~ Chips, Peas Baked Beans, Cucumber Sticks ~~~~~ Yoghurt 3,7 Fruit Pots vg
<b>WEEK 4</b>	Jerk Chicken Coconut & Squash Dhansak vg ~~~~~ Sunshine Rice Cauliflower Carrots ~~~~~ Ice Cream 7 Fruit Pots vg	Stir Fried Singapore Vegetables Jackets with a Choice of Toppings 7,8,9 ~~~~~ Seasonal Vegetables ~~~~~ Custard 7 Fruit Pots vg	Roast Chicken & Gravy Jackets with a Choice of Toppings 7,8,9 ~~~~~ Rustic Roast Potatoes or Jollof Rice Cabbage, Peas ~~~~~ Fruit Jelly vg Yoghurt 7 Fruit Pots vg	Bolognaise on Half a Jacket Jackets with a Choice of Toppings 7,8,9 ~~~~~ Green Beans Sweetcorn ~~~~~ Yoghurt 3,7 Fruit Pots vg	Gluten Free Battered Fish 8 ~~~~~ Chips, Peas Baked Beans Coleslaw 9 ~~~~~ Yoghurt 3,7 Fruit Pots vg

**KEY:**  
VG Vegan  
V Vegetarian

**AVAILABLE DAILY:**

Selection of Salads 9,  
Homemade Bread 1,3,7,9.

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



LOOK OUT FOR OUR THEMED DAYS!

LEWISHAM



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