

Gluten and Dairy Free Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 5 th January 26 th January 9 th March 30 th March	Chicken Casserole with Mash or Tomato & Basil Pasta	Hot Dog or Vegan Hot Dog with Wedges and Baked Beans	Roast Pork with Trimmings & Mixed Veg	Katsu Chicken Curry with Rice or Cheese & Tomato Panini	Battered Fish with Chips, Beans or Peas
Week 2 12 th January 2 nd February 23 rd February 16 th March	Bolognese or Veggie Bolognese Pasta Bake with Garlic Doughballs	Chicken Fajita with Basmati Rice or Onion Bhaji Burger and Salad	Roast Chicken with Trimmings & Mixed Veg	BBQ Chicken Pizza with Potato Wedges	Battered Fish with Chips, Beans or Peas
Week 3 19 th January 9 th February, 2 nd March, 23 rd March	Chilli Con Carne with Basmati Rice & Chilli Nachos	Roasted Vegetable Arrabiata Pasta or Chicken Arrabiata Pasta Bake	Roast Gammon with Trimmings & Mixed Veg	Mexican Burrito/Veggie Filling with Saffron Rice, Nachos & Salsa	Battered Fish with Chips, Beans or Peas

Pudding

Cake of the day or Jelly

Cheese, Ham, Tuna packed lunches, Jacket Potatoes or Soup

Please can all intolerance/allergen orders be placed a week in advance

Meal - £2.75

Meal & Pudding - £3.15

Meal, Pudding & Drink - £3.80