



**NAME:**

**SCHOOL:**

**ALLERGY:  
No Gluten  
Containing  
Ingredients**

*Cyngor Bwrdeistref Sirol*

**Also served daily:**

Fresh Fruit  
Yoghurt  
Ice cream  
Semi-Skimmed Milk  
Water

**NO BREAD IS  
TO BE SERVED**

**ONLY THE FOOD  
STATED ON THIS  
MENU IS TO BE  
SERVED**

# PRIMARY MENU

## WEEK 1

## WEEK 2

## WEEK 3

<p><b>MONDAY</b></p> <p>Gluten Free Oven Baked Sausages or Italian Style Pasta (free from pasta) or Jacket Potato topped with Cheese V Jacket Potato Wedges Sweetcorn or Garden Peas or Salad Ice Cream Tub</p>	<p><b>MONDAY</b></p> <p>Chinese Chicken Sauté Potatoes Garden Peas or Sweetcorn or Salad Yoghurt</p>	<p><b>MONDAY</b></p> <p>Chicken in Tomato Sauce Jacket Potato Country Vegetable Medley or Salad Ice Cream Tub</p>
<p><b>TUESDAY</b></p> <p>Chicken &amp; Leek Casserole (Knorr gravy) or Roast Beef Creamed Potatoes Green Beans or Diced Swede Peach Slices</p>	<p><b>TUESDAY</b></p> <p>Bolognaise Gluten Free Pasta or Jacket Potato Broccoli Florets or Diced Mixed Vegetables or Salad Fruit Wedges</p>	<p><b>TUESDAY</b></p> <p>Cheesy Topped Ranch Pie Boiled Potatoes or Seasoned Potatoes Mixed Diced Vegetables or Broccoli or Salad Fruit Slices</p>
<p><b>WEDNESDAY</b></p> <p>Mexican Chilli Vegetable Rice Broccoli or Salad Yoghurt</p>	<p><b>WEDNESDAY</b></p> <p>Gluten Free Oven Baked Sausages Creamed Potatoes Country Vegetables or Baked Beans/Tomatoes or Salad Ice Cream Tub</p>	<p><b>WEDNESDAY</b></p> <p>Sliced Roast Pork, Apple Sauce &amp; Gravy (Knorr gravy) or Chicken &amp; Lentil Stew (Knorr gravy) Boiled or Creamed Potatoes Green Beans or Baton Carrots or Salad Yoghurt</p>
<p><b>THURSDAY</b></p> <p>Gluten Free Fish Fingers Boiled Potatoes Country Vegetables or Salad Fresh Fruit</p>	<p><b>THURSDAY</b></p> <p>Roast Chicken &amp; Gravy (Knorr gravy) Creamed Potatoes or Boiled Potatoes Shredded Cabbage or Baton Carrots or Salad Rice Pudding</p>	<p><b>THURSDAY</b></p> <p>Gluten Free Fish Fingers Jacket Potato Sweetcorn or Garden Peas or Salad Fruit Salad</p>
<p><b>FRIDAY</b></p> <p>Chicken Korma/Tikka Wholegrain Rice or Chipped Potatoes Garden Peas or Sweetcorn Kernels or Salad Gluten Free Sponge</p>	<p><b>FRIDAY</b></p> <p>Gluten Free Fish Fingers or Jacket Potato topped with Cheese V Jacket Potato or Chipped Potatoes Garden Peas or Sweetcorn Kernels or Salad Gluten Free Muffin</p>	<p><b>FRIDAY</b></p> <p>Gluten Free Oven Baked Sausages or Jacket Potato topped with Cheese V Jacket Potato or Chipped Potatoes Baked Beans or Garden Peas or Salad Fresh Fruit</p>