



# PRIMARY MENU

## WEEK 1

## WEEK 2

## WEEK 3

**NAME:**

**SCHOOL:**

**ALLERGY:  
Gluten Free**

**Also served daily:**

Fresh Fruit  
Yoghurt  
Semi-Skimmed Milk  
Water

Free From Knorr  
Gravy **ONLY** to be used

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

<p><b>MONDAY</b></p> <p>Gluten Free Fish Fingers Simply Diced Potatoes Baked Beans, Sweetcorn, Garden Peas, Salad</p> <p>Gluten Free Raspberry &amp; Peach Swirl Sponge &amp; Custard</p>	<p><b>MONDAY</b></p> <p>Mini Omelette with Gluten Free Pork Sausage Potato Wedges or Vegetable Rice Baked Beans, Garden Peas, Salad</p> <p>Gluten Free Eve's Sponge &amp; Custard</p>	<p><b>MONDAY</b></p> <p>Gluten Free Fish Fingers Jacket Potato or Sauté Potatoes Garden Peas, Sweetcorn, Broccoli, Salad</p> <p>Gluten Free Apple Brownies with Fruit Slices</p>
<p><b>TUESDAY</b></p> <p>Beef Bolognaise Gluten Free Pasta or Potato Wedges Mixed Vegetables, Broccoli, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p><b>TUESDAY</b></p> <p>Vegetable Plant Ball in Tomato Sauce Gluten Free Pasta or Simply Diced Potatoes Broccoli, Garden Peas, Sweetcorn, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p><b>TUESDAY</b></p> <p>Southern Style Vegetable Burger (no roll) Potato Wedges Mixed Vegetables, Garden Peas, Sweetcorn, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>
<p><b>WEDNESDAY</b></p> <p>Roast Turkey in FF Gravy Boiled or Creamed Potatoes Green Cabbage, Carrots &amp; Diced Swede</p> <p>Jelly with Strawberry Swirl</p>	<p><b>WEDNESDAY</b></p> <p>Roast Pork &amp; Apple Sauce in FF Gravy Boiled or Creamed Potatoes Green Beans, Swede &amp; Broccoli</p> <p>Tropical Rice Pudding</p>	<p><b>WEDNESDAY</b></p> <p>Roast Beef with FF Gravy Boiled or Creamed Potatoes Baton Carrots, Cabbage, Swede</p> <p>Ice Cream &amp; Fruit Wedges</p>
<p><b>THURSDAY</b></p> <p>Vegetable &amp; Lentil Shepherd's Pie Boiled or Creamed Potatoes Carrots, Garden Peas, Broccoli, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p><b>THURSDAY</b></p> <p>Chicken Fillet in FF Gravy Or Vegetable Casserole Boiled or Creamed Potatoes Carrots, Cabbage, Country Vegetables, Salad</p> <p>Fruit Yoghurt or Fresh Fruit</p>	<p><b>THURSDAY</b></p> <p>Garden Vegetable Pie Boiled or Creamed Potatoes Baked Beans, Carrots, Garden Peas</p> <p>Fruit Yoghurt or Fresh Fruit</p>
<p><b>FRIDAY</b></p> <p>Gluten Free Fish Fingers Vegetable Rice or Chipped Potatoes Mixed Vegetables, Sweetcorn, Broccoli, Salad</p> <p>Gluten Free Mandarin Sponge Slice</p>	<p><b>FRIDAY</b></p> <p>Gluten Free Pork Sausage Jacket Potato or Chipped Potatoes Mini Corn Cobs, Mixed Vegetables, Salad</p> <p>Gluten Free Fruit Muffin</p>	<p><b>FRIDAY</b></p> <p>Chicken Tikka/Korma Vegetable Rice or Chipped Potatoes Broccoli, Sweetcorn, Garden Peas, Salad</p> <p>Strawberry Jelly &amp; Strawberry Swirl</p>