

## GF & DAIRY FREE MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato & Filling	Jacket Potato & Beef Bolognaise	Roast Chicken + Gravy	Chicken Curry	GF Chicken Goujons
Carbohydrate			Saute Potatoes	Rice	Potato Wedges
Vegetable		Vegetables	Seasonal Vegetables	Vegetables	Baked Beans
Pudding	Fruit and Sorbet	Chocolate Sponge	Fruit and Sorbet	GF Cake	Fruit and Sorbet
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Savoury Mince	Jacket Potato & Filling	Roast Pork in Gravy	Jacket Potato & Filling	GF Chicken Goujons
Carbohydrate	Boiled Potatoes		Roast Potatoes		Oven Chips
Vegetable	Vegetables		Vegetables		Baked Beans
Pudding	Fruit and Sorbet	GF Cake	Fruit and Sorbet	GF Chocolate Sponge	Fruit and Sorbet
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Vegetable Casserole	Jacket Potato & Filling	Roast Beef & Gravy	Sweet & Sour Chicken OR Jacket Potato & Filling	GF Chicken Goujons
Carbohydrate	Baby Potatoes		Roast Potatoes	Rice	Oven Chips
Vegetable	Vegetables		Vegetables	Seasonal Vegetables	Baked Beans
Pudding	Fruit and Sorbet	GF Chocolate Sponge	Fruit and Sorbet	GF Vanilla Sponge	Fruit and Sorbet