

GLUTEN FREE ALTERNATIVE MENU NOVEMBER 2020

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barbeque chicken served with rice and corn on the cob	GF Pasta bake served with NO garlic bread and salad	Turkey served in gravy with mashed potatoes and vegetables	All day breakfast, GF sausage, GF hash brown, omelette, and beans	GF Fish fingers and chips served with peas and ketchup
Tomato and basil GF pasta bake topped with cheese served with corn on the cob	No alternative option available	Quorn casserole served with mashed potatoes and vegetables	No alternative option available	No alternative option available
*Jacket potato served with cheese and crunchy salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with bolognese, carrot and cucumber sticks	*Jacket potato served with beans and side salad	*Jacket potato served with cheese and side salad
GF cookie or Fruit/Yoghurt	GF Apple pie or Fruit/Yoghurt	Ice cream pot and melon slice or Fruit/Yoghurt	GF Flapjack or Fruit/Yoghurt	GF Jam tart or Fruit/Yoghurt
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken korma served with rice, peas, and GF pitta bread	GF pasta bake topped with cheese served with side salad	Chicken breast served in gravy with roast potatoes and vegetables	GF Cheese and tomato pizza served with GF diced potatoes, corn on the cob and ketchup	GF fish fingers served with mashed potato and beans
Banana and vegetable korma served with rice, peas, and GF pitta bread	No alternative option available	Broccoli and cauliflower bake served with roast potatoes and vegetables	No alternative option available	No alternative option available
*Jacket potato served with cheese and side salad	*Jacket potato served with mild chilli and side salad	*Jacket potato served with coleslaw and crunchy salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with beans and carrot/cucumber sticks
Strawberry and vanilla mousse or Fruit/Yoghurt	GF Flapjack or Fruit/Yoghurt	GF Cookie or Fruit/Yoghurt	Peaches and ice cream or Fruit/Yoghurt	GF Lemon drizzle cake & custard or Fruit/Yoghurt

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WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Breaded chicken in a GF bun served with GF wedges, side salad and mayonnaise	GF pasta Bolognese served with carrots and NO garlic bread	Roast beef in gravy served with roast potatoes, vegetables, and GF Yorkshire pudding	GF sausage and mash served with beans	GF fish finger served with GF diced potatoes, peas, and ketchup
No alternative option available	Vegetable GF pasta Bolognese served with carrots and NO garlic bread	Quorn fillet in gravy served with roast potatoes, vegetables, and GF Yorkshire pudding	No alternative option available	No alternative option available
*Jacket potato served with cheese and side salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with mild chilli and crunchy salad	*Jacket potato served with beans and carrot/cucumber sticks	*Jacket potato served with cheese and side salad
Chocolate ice cream or Fruit/Yoghurt	GF Apple pie or Fruit/Yoghurt	GF Jam tart or Fruit/Yoghurt	Orange and mandarin jelly with cream or Fruit/Yoghurt	GF Lemon drizzle cake or Fruit/Yoghurt

Menus run on a three-week revolving basis, changing twice a year, after the Easter Holidays and Autumn Half Term. The current menu as shown above will be available on the following dates.

Week 1	Week 2	Week 3
Weeks commencing	Weeks commencing	Weeks commencing
2 nd November 2020	9 th November 2020	16 th November 2020
23 rd November 2020	30 th November 2020	** 7 th December 2020
** 14 th December 2020	4 th January 2021	11 th January 2021
18 th January 2021	25 th January 2021	1 st February 2021
8 th February 2021	22 nd February 2021	1 st March 2021
8 th March 2021	15 th March 2021	22 nd March 2021
29 th March 2021		

* Jacket Potato option not available at all schools.

** These weeks will be subject to change due to Christmas dinners, and will be available from your school nearer the time.

** w/c 14th December special menu for wed/thur & fri

PLEASE NOTE: Thursday the 5th of November will be a Bonfire night special menu and the main option pudding for Friday the 13th of November will be Children in Need Cake.

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Bonfire Night Thursday 5th November

GF Bangers in a GF bun served with GF diced potatoes and beans

No alternative option available

GF Cake

WEEK Commencing 14th December 2020

MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
Barbeque chicken served with rice and corn on the cob	GF Pasta bake served with NO garlic bread and salad	GF Cheese and tomato pizza served with diced potatoes and beans	GF Sausage in a GF bun served with GF wedges, corn on the cob and ketchup	GF Chicken nuggets served with chips and beans
Tomato and basil GF pasta bake topped with cheese served with corn on the cob	No alternative option available	Omelette served with diced potatoes and beans	No alternative option available	No alternative option available
*Jacket potato served with cheese and crunchy salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with beans and crunchy salad	*Jacket potato served with tuna mayonnaise and carrot/cucumber sticks	*Jacket potato served with cheese and side salad
GF cookie	GF Apple pie	GF Gingerbread	Snowman ice cream	GF Cake

Christmas Dinner (weeks commencing 7th and 14th December, date to be advised)

Turkey served with roast potatoes, vegetables, pigs in blankets, GF stuffing, and cranberry sauce

Quorn fillet served with roast potatoes, vegetables, vegetarian sausage, GF stuffing, and cranberry sauce

GF Vanilla cake