

(V) - VEGETARIAN (GF) - GLUTEN FREE
(VG) - VEGAN (DF) - DAIRY FREE

GLUTEN FREE MENU

** Please speak to a member of catering
in the morning to pre-order lunch*

WEEK 1

Main meal £1.80
Daily dessert £0.80
Meal & dessert £2.20

5th Jan/ 24th Jan/ 14th Feb/ 14th March/ 4th April

MONDAY

Choose a main meal... **Chicken & Chorizo Paella (GF, DF)**
Quorn Paella (V, GF, DF)
On the side... Mixed salad
For dessert... Fruit or Yogurt

TUESDAY

Choose a main meal... **Beef Burger in Gluten Free roll with Cheese**
Gluten Free Vegan Burger (GF, VG)
On the side... Baked Potato Wedges & Coleslaw
For dessert... Fruit or Yogurt

WEDNESDAY

Choose a main meal... **Red Tractor roast Chicken Breast (GF, DF)**
Quorn Fillet (V, GF)
On the side... Crispy Roast Potatoes, fresh Broccoli, Carrots & Gravy (GF, V)
For dessert... Fruit or Yogurt

THURSDAY

Choose a main meal... **Butter Chicken (GF)**
Sweet Potato & Chickpea Katsu Curry (V, VG, GF, DF)
On the side... White & Brown Rice
For dessert... Fruit or Yogurt

FRIDAY

Choose a main meal... **Pork Sausage (GF)**
Jacket Potato with Beans & Cheese (V)
On the side... Chips & Musky Peas
For dessert... Fruit or Yogurt

WEEK 2

Main meal £1.80
Daily dessert £0.80
Meal & dessert £2.20

10th Jan/ 31st Jan/ 28th Feb/ 21st March

MONDAY

Choose a main meal... **Pork Sausage (GF)**
Jacket Potato with Beans & Cheese (V)
On the side... Creamy Mashed Potato, Green Beans & Onion Gravy (GF, V)
For dessert... Fruit or Yogurt

TUESDAY

Choose a main meal... **Chicken Fajita in Gluten Free Wrap (GF, DF)**
Vegetable & Bean Fajita in Gluten Free Wrap (V, VG, DF, GF)
On the side... Oven Baked Wedges Mixed Salad
For dessert... Fruit or Yogurt

WEDNESDAY

Choose a main meal... **Roast Farmstead Gammon**
Bombay Roasted Cauliflower (V, VG, GF)
On the side... Crispy Roast Potatoes, fresh Carrots, Peas & Gravy (GF, V)
For dessert... Fruit or Yogurt

THURSDAY

Choose a main meal... **Katsu Chicken Curry (GF, DF)**
Lentil & Green Pea Curry (V, VG, GF, DF)
On the side... White & Brown Rice
For dessert... Fruit or Yogurt

FRIDAY

Choose a main meal... **Jacket Potato with Beans & Cheese (V)**
On the side... Spiced Potato Wedges & Baked Beans
For dessert... Fruit or Yogurt

WEEK 3

Main meal £1.80
Daily dessert £0.80
Meal & dessert £2.20

17th Jan/ 7th Feb/ 7th March/ 28th March

MONDAY

Choose a main meal... **Beef Chilli (GF, DF)**
5 Bean Chilli (V, VG, DF, GF)
On the side... Nachos & Cheese (GF) Mixed Salad
For dessert... Fruit or Yogurt

TUESDAY

Choose a main meal... **Chicken & Vegetable Chow Stir-Fry**
Vegetable Stir-Fry (V)
On the side... Rice
For dessert... Fruit or Yogurt

WEDNESDAY

Choose a main meal... **Red Farmstead Turkey**
Spinach & Feta Frittata (V, GF)
On the side... Crispy Roast Potatoes, fresh Carrots, Peas & Gravy (GF, V)
For dessert... Fruit or Yogurt

THURSDAY

Choose a main meal... **Gluten Free Pasta with Pomodoro Sauce & Cheese (V)**
On the side... Mixed Salad
For dessert... Fruit or Yogurt

FRIDAY

Choose a main meal... **Gluten Free Chicken Goujons (GF)**
Jacket Potato with Beans & Cheese (V)
On the side... Chips & Baked Beans
For dessert... Fruit or Yogurt