



GLUTEN FREE LUNCH MENU

WEEK ONE

W/C 31/08, 21/09, 12/10, 09/11, 30/11, 04/01, 25/01

Majority of diets can be catered for,
please make school aware of any
dietary requests.

Gluten free pasta, pizza & breads
available.

Monday

Tuesday

Wednesday

Thursday

Friday

Main One

Sweet & Sour Chicken

Pepperoni Pizza

(GF Base)

Roast Chicken

Sausages

(GF Sausage)

Beef Burger

(GF Burger & Bun)

Main Two

Cheese & Tomato Wrap

(GF Wrap)

Cheese Pizza

(GF Base)

Vegetable Burger

(GF Burger & Bun)

Main Three

Jacket Potato

Choice of Beans, Cheese or
Tuna Mayonnaise

Tomato Pasta (GF Pasta)

(Optional - Topped with
Cheese)

Jacket Potato

Choice of Beans, Cheese or
Tuna Mayonnaise

Macaroni Cheese

(GF Pasta)

Jacket Potato

Choice of Beans, Cheese or
Tuna Mayonnaise

Sides

Boiled Rice, Peas

Crispy Diced Potatoes,
Sweetcorn

Roast Potatoes, Carrots,
Broccoli

Mash Potato, Cauliflower,
Sweetcorn

Chips, Baked Beans

Pudding

Pineapple Cake

(GF Flour)

Fresh Fruit or Yoghurt

Ginger Cookie

(GF Flour)

Fresh Fruit or Yoghurt

Flapjack

(GF Oats)



**MONDAY -
PACKED LUNCH
AVAILABLE
FILLINGS INCLUDE
HAM, CHEESE OR
TUNA
MAYONNAISE**

**AVAILABLE
DAILY**

**Fresh Bread
Fresh Fruit
Yoghurt
Jelly
Salad Bar**





GLUTEN FREE LUNCH MENU

WEEK TWO

W/C 07/09, 28/09, 19/10, 16/11, 07/12, 11/01, 01/02

Majority of diets can be catered for,
please make school aware of any
dietary requests.

Gluten free pasta, pizza & breads
available.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Chimichangas (Chicken GF Wrap)	Beef Lasagne (GF Pasta)	Roast Gammon	Butter Chicken	Chicken Nuggets (GF Breaded Chicken)
Main Two	Vegetable & Mixed Bean Wrap (GF Base)	Vegetable Lasagne (GF Pasta)	Macaroni Cheese (GF Pasta)	Vegetable & Chickpea Curry	
Main Three	Tomato Pasta (GF Pasta) (Optional - Topped with Cheese)	Jacket Potato Choice of Beans, Cheese or Tuna Mayonnaise	Tomato Pasta (GF Pasta) (Optional - Topped with Cheese)	Jacket Potato Choice of Beans, Cheese or Tuna Mayonnaise	Tomato Pasta (GF Pasta) (Optional - Topped with Cheese)
Sides	Potato Wedges, Sweetcorn	Peas	Roast Potatoes, Carrots, Broccoli	Boiled Rice, Cauliflower	Chips, Peas, Sweetcorn
Pudding	Chocolate Brownie (GF Flour)	Oat Cookie (GF Flour)	Syrup Sponge & Custard (GF Flour)	Fresh Fruit or Yoghurt	Fudge Tart (GF Flour)



**THURSDAY -
PACKED LUNCH
AVAILABLE
FILLINGS INCLUDE
HAM, CHEESE OR
TUNA
MAYONNAISE**

**AVAILABLE
DAILY**

**Fresh Bread
Fresh Fruit
Yoghurt
Jelly
Salad Bar**





GLUTEN FREE LUNCH MENU

WEEK THREE

W/C 14/09, 05/10, 02/11, 23/11, 14/12, 18/01, 08/02

Majority of diets can be catered for,
please make school aware of any
dietary requests.

Gluten free pasta, pizza & breads
available.

Monday

Tuesday

Wednesday

Thursday

Friday

Main One

Ham Pizza
(GF Base)

Cheesy BBQ Chicken

Roast Chicken

Fish Fingers
(GF Fish)

Main Two

Cheese Pizza
(GF Base)

Mixed Vegetable Biryani

Vegetable Pasta Bake
(GF Pasta)

Main Three

Jacket Potato
Choice of Beans, Cheese or
Tuna Mayonnaise

Macaroni Cheese
(GF Pasta)

Jacket Potato
Choice of Beans, Cheese or
Tuna Mayonnaise

Tomato Pasta (GF Pasta)
(Optional - Topped with
Cheese)

Jacket Potato
Choice of Beans, Cheese or
Tuna Mayonnaise

Sides

Potato Wedges, Sweetcorn

Boiled Rice, Peas

Roast Potatoes, Carrots,
Broccoli

Pasta, Broccoli
(GF Pasta)

Chips, Peas, Baked Beans

Pudding

Jam & Coconut Cake
(GF Flour)

Banana Cake & Custard
(GF Flour)

Fresh Fruit or Yoghurt

Sprinkle Cake
(GF Flour)

Chocolate Chip Cookie
(GF Flour)



**TUESDAY -
PACKED LUNCH
AVAILABLE
FILLINGS INCLUDE
HAM, CHEESE OR
TUNA
MAYONNAISE**

**AVAILABLE
DAILY**

**Fresh Bread
Fresh Fruit
Yoghurt
Jelly
Salad Bar**

