

# Primary School

# Feed

@ SIGNATURE EDUCATION

## Autumn Winter Gluten Free Menu

Week Beginning: 07/11/22- 28/11/22- 19/12/ 22- 01/01/22- 30/01/23 -13/02/23

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Steamed White Fish <b>(F)</b> Chips <b>(So)</b> Baked Beans <b>(Mu)</b>	Beef Bolognese <b>(So)</b> Gluten Free Penne Pasta <b>(So)</b>	Roast Turkey Roast Potatoes <b>(So)</b>	Gluten Free Beef Meatball <b>(E)</b> In Tomato Sauce <b>(So)</b> Steamed Rice	Mixed Bean Chilli <b>(So)</b> Rice
<b>Vegetarian Main Course</b>	Jacket Potato Baked Beans <b>(Mu)</b>	Vegetable Bolognese <b>(So)</b> Gluten Free Penne Pasta <b>(So)</b>	Crustless Vegetable Quiche <b>(E, So)</b> Roast Potatoes <b>(So)</b>	Vegetable Tagine <b>(So)</b> Steamed Rice	Jacket Potato Tuna Mayonnaise <b>(E, F)</b>
<b>Vegetables &amp; Salads</b>	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>Dessert</b>	Sliced Melon	Alpro Dessert <b>(So)</b>	Fruit Salad	Alpro Dessert <b>(So)</b>	Fresh Fruit Friday
<b>Available Daily</b>	Fresh Bread <b>(G)</b> , Whole Fresh Fruit, Drinking Water				

### ALLERGENS

C - Celery	F - Fish	L-Lupin	Mu- Mustard	Se- Sesame
Cr - Crustaceans	G -Cereals containing gluten	Mk - Milk	N- Nuts	So - Soya
E - Eggs		Mo - Molluscs	P - Peanuts	Su- Sulphur Dioxide

# Primary School

## Autumn Winter Gluten Free Menu

# Feed

@ SIGNATURE EDUCATION

**Week Beginning: 14/11/22- 05/12/22 -26-12-22 – 16/01/23 - 06/02/23**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Steamed White Fish <b>(F)</b> Chips <b>(So)</b> Baked Beans <b>(Mu)</b>	Chicken & Vegetable Stir Fry <b>(So)</b> Rice	Roast Chicken Roast Potatoes <b>(So)</b>	Beef Bolognese <b>(So)</b> Gluten Free Spaghetti	Jacket Potato Tuna Mayonnaise <b>(F)</b>
<b>Vegetarian Main Course</b>	Tomato & Basil Sauce <b>(So)</b> Gluten Free Penne Pasta	Chickpea Curry <b>(C, Mu, So)</b> Rice	Vegetable & Bean Casserole Roast Potatoes <b>(So)</b>	Vegetable Bolognese <b>(So)</b> Gluten Free Spaghetti	Stir Fry Vegetables <b>(So)</b> Rice
<b>Vegetables &amp; Salads</b>	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>Dessert</b>	Pineapple Rings	Alpro Dessert <b>(So)</b>	Fruit Salad	Alpro Dessert <b>(So)</b>	Fresh Fruit Friday
<b>Available Daily</b>	Fresh Bread <b>(G)</b> , Whole Fresh Fruit, Drinking Water				

### ALLERGENS

C - Celery	F - Fish	L-Lupin	Mu- Mustard	Se- Sesame
Cr - Crustaceans	G -Cereals containing gluten	Mk - Milk	N- Nuts	So - Soya
E - Eggs		Mo - Molluscs	P - Peanuts	Su- Sulphur Dioxide

# Primary School

## Autumn Winter Gluten Free Menu

# Feed

@ SIGNATURE EDUCATION

**Week Beginning: 21/11/22 -12/12/22 -02/01/22 – 23/01/22-13/02/22 -06/03/22 -20/03/22**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Steamed White Fish <b>(F)</b> Chips <b>(So)</b> Baked Beans <b>(Mu)</b>	Cottage Pie <b>(So)</b> With Veg of the Day	Roast Chicken Roast Potatoes <b>(So)</b>	Turkey Shawarma <b>(So, Mu)</b> Jewelled Vegetable Gluten Free Couscous	Jacket Potato Baked Beans <b>(Mu)</b>
<b>Vegetarian Main Course</b>	Vegetable Biryani <b>(Mu, So)</b>	Lentil & Bean Casserole <b>(So)</b> Boiled New Potatoes <b>(So)</b>	Vegetable Stir Fry <b>(So)</b> Rice	Jacket Potato Baked Beans <b>(Mu)</b>	Vegetable Tagine <b>(So)</b> Rice
<b>Vegetables &amp; Salads</b>	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>Dessert</b>	Sliced Melon	Alpro Dessert <b>(So)</b>	Fruit Salad	Alpro Dessert <b>(So)</b>	Fresh Fruit Friday
<b>Available Daily</b>	Fresh Bread <b>(G)</b> , Whole Fresh Fruit, Drinking Water				

### ALLERGENS

C - Celery	F - Fish	L-Lupin	Mu- Mustard	Se- Sesame
Cr - Crustaceans	G -Cereals containing gluten	Mk - Milk	N- Nuts	So - Soya
E - Eggs		Mo - Molluscs	P - Peanuts	Su- Sulphur Dioxide