

SCHOOL FOOD COMPANY GLUTEN FREE LUNCH MENU - NOVEMBER 2019 to APRIL 2020

WEEK ONE				
Week commencing: 11/11/19, 02/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORGANIC GLUTEN FREE BEEF MEATBALLS BAKED POTATO WEDGES WINTER SLAW AND KETCHUP (v)	PASTA ITALIENNE GF (gluten free pasta in a smooth tomato and vegetable sauce) (v)	ROAST PORK ROAST POTATOES CARROTS, PEAS AND GRAVY	ORGANIC BEEF BOLOGNESE GLUTEN FREE PASTA	GLUTEN FREE PORK SAUSAGE CHIPS (v)
JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING
SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)
FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER ICE CREAM	FRUIT YOGHURT FRESH FRUIT PLATTER CUSTARD	FRUIT YOGHURT FRESH FRUIT PLATTER

WEEK TWO				
Week commencing: 18/11/19, 09/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STIR FRY FREE RANGE PORK (no soy sauce) RICE	CHICKEN TIKKA TUMERIC RICE	ROAST TURKEY or QUORN ROAST ROAST POTATOES CARROTS, PEAS AND GRAVY	GLUTEN FREE ORGANIC BEEF BURGER GLUTEN FREE BREAD ROLL WINTER SLAW AND KETCHUP	GLUTEN FREE FISH FINGERS (msc) CHIPS
JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING
SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)
FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER RICE PUDDING AND FRUIT JAM	FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER

WEEK THREE				
Week commencing: 04/11/19, 25/11/19, 16/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20				
MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET POTATO AND CHICKPEA CURRY RICE (v)	GLUTEN FREE FISH FINGER BUTTY (msc) (gluten free fish fingers, gluten free bread roll) WINTER SLAW AND KETCHUP Or CHEESE AND LEEK RISOTTO (v)	ROAST BEEF ROAST POTATOES CARROTS, PEAS AND GRAVY	VEGETABLE BIRIYANI MINI FREE RANGE OMELETTE (v)	GLUTEN FREE ORGANIC BEEF MEATBALLS CHIPS GRAVY
JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING
SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)	SANDWICH WITH CHOICE OF FILLING (gluten free bread)
FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT YOGHURT FRESH FRUIT PLATTER JELLY AND FRESH FRUIT	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE CUSTARD	FRUIT YOGHURT FRESH FRUIT PLATTER