

Primary Dietary Menu - Gluten free, Dairy Free, Vegan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
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Main

 Meat in Tomato Sauce: 11 G/F & D/F (V)	Cheese & Tomato Pizza: 11 G/F & D/F (V)	Roast Turkey with Gravy G/F & D/F	Chicken Pie with Potato top G/F & D/F	Fish Fingers (Vegan available on pre-order) G/F & D/F 
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Vegetarian Main

Vegetable Sweet & Sour :11 G/F & D/F (V)	Sausage Roll: 3 G/F & D/F	Vegetable Bolognese:11 G/F & D/F (V)	Penne Pasta in Tomato & Herb Sauce:11 G/F & D/F (V)	Veggie Burger :11 G/F & D/F (V)
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Served with

Rice Cauliflower, Green Beans	Wedges Baked Beans, Sweetcorn	Roast Potatoes Carrots, Peas	Herby Potatoes Broccoli, Cauliflower	Chips / Baked Beans Peas
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Jacket Potato

 Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2
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Pudding

Cherry Shortbread :11 G/F & DF (V)	Vanilla Mousse :9, 11 G/F & D/F (V)	Lemon Sponge: 3 G/F & D/F	Cookie: 11 G/F & D/F (V)	Fresh Fruit Salad:11 G/F & D/F (V) 
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KEY - Any Dietary requirements please contact the kitchen

1	Contains Celery	3	Contains Eggs	5	Contains Gluten	7	Contains Mustard	9	Contains Soya	11	Vegan
2	Contains Dairy	4	Contains Fish	6	Suitable for Gluten Free	8	Contains Onion	10	Contains Sulphates	12	Vegetarian

Week 2

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Main				
 Tuna Pasta Bake :4 G/F & D/F	Chicken Goujons G/F & D/F	Roast Pork with Gravy G/F & D/F	Beef Burger in a Bap :11,3,10 G/F & D/F	Fish Fingers (Vegan available on pre-order) G/F & D/F 
Vegetarian Main				
Chilli Bean Quesadillas :11 G/F & DF (V)	Cheese & Tomato Pinwheels G/F & D/F (V)	Cauliflower Cheese:11 G/F & D/F (V)	Vegan Meatballs in Tomato Sauce :9 G/F & D/F (V)	Vegetarian Sausage: 9 G/F & D/F (V)
Served with				
Garlic Bread, Sweetcorn G/F & DF (V)	Wedges Baked Beans, Sweetcorn	Roast Potatoes Carrots, Cabbage	Herb Diced Potatoes Green Beans, Peas	Chips Baked Beans, Peas
Jacket Potato				
Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2	Tuna Mayo 4,3,7 Beans (V) / Cheese 2
Pudding				
Chocolate Mousse: 9 G/F & D/F (V)	Fruit Jelly G/F & D/F (V)	Apple Sponge: 3 G/F & D/F	Cookie: 11 G/F & D/F (V)	Vanilla Mousse: 9, 11 G/F & D/F (V) 

Week 3

Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Main				
 Macaroni Cheese G/F & D/F (V)	 Brunch Bacon, Sausage :9 G/F & D/F	 Roast Chicken with Gravy: G/F & D/F	 Beef Bolognaise G/F & D/F	 Fish Fingers (Vegan available on pre-order) G/F & D/F 
Vegetarian Main				
 Vegetable Mousaka :11 G/F & D/F (V)	 Quorn fajita :11 G/F & D/F (V)	 Garden Pie :11 G/F & D/F (V)	 Ratatouille:11 G/F & D/F (V)	 Bean Chilli:11 G/F & D/F (V)
Served with				
 Garlic Bread G/F & D/F (V) Peas, Sweetcorn	 Hash Brown Baked Beans, Mushrooms	 Roast Potatoes Carrots, Broccoli	 Pasta G/F & D/F (V) Broccoli, Green Beans	 Chips Baked Beans, Peas
Jacket Potato				
 Tuna Mayo 4,3,7 Beans (V) / Cheese 2	 Tuna Mayo 4,3,7 Beans (V) / Cheese 2	 Tuna Mayo 4,3,7 Beans (V) / Cheese 2	 Tuna Mayo 4,3,7 Beans (V) / Cheese 2	 Tuna Mayo 4,3,7 Beans (V) / Cheese 2
Pudding				
 Fruit Crumble: 11 G/F & D/F (V)	 Chocolate Mousse: 9 G/F & D/F (V)	 Chocolate Sponge:3 G/F & D/F	 Cookie: 11 G/F & D/F (V)	 Fruit Salad:11 G/F & D/F (V) 

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