

# Week 1

1

Week starting:  
4/7/22, 5/9/22, 26/9/22,  
17/10/22, 7/11/22,  
28/11/22, 19/12/22

**MONDAY**  
Gluten Free Pizza  
Topped with  
Cheese  
served with  
Potato Wedges,  
Baked Beans & Veggie  
Sticks

**THURSDAY**  
Slow Cooked Beef in  
Gluten Free Gravy  
served with  
Mashed & Roast  
Potato,  
Broccoli & carrots  
or  
Cheese & Potato Pie

**TUESDAY**  
Homemade  
Cottage Pie  
served with  
Carrots & Broccoli,  
Gluten Free Gravy  
or  
Vegetable Cottage Pie

**FRIDAY**  
Gluten Free Fish  
served with  
Chipped Potatoes,  
Sweetcorn, Peas &  
Baked Beans  
or  
Jacket Potato with  
Various Fillings

**WEDNESDAY**  
Home Baked  
Chicken Neapolitan  
served with Gluten Free  
Pasta,  
Peas & Sweetcorn  
or  
Vegetable Neapolitan  
served with Gluten Free  
Pasta

# Week 2

2

Week starting:  
11/7/22, 12/9/22, 3/10/22,  
24/10/22, 14/11/22, 5/12/22,  
26/12/22

**MONDAY**  
Cheesy Topped Gluten  
Free Pasta Bake  
served with  
Carrots & Peas  
or  
Jacket Potato with  
Various Fillings

**THURSDAY**  
Roast Turkey  
served with  
Roast & Mashed Potato,  
Cabbage, Carrots &  
Gluten Free Gravy  
or  
Vegetable Cottage Pie

**TUESDAY**  
Chicken Fillet  
served with  
Potato Wedges,  
Crunchy Slaw &  
Veggie Sticks  
or  
Jacket Potato with  
Various Fillings

**FRIDAY**  
Gluten Free Fish  
served with  
Chipped Potatoes &  
Sweetcorn  
or  
Jacket Potato with  
Various Fillings

**WEDNESDAY**  
Homemade Beef  
Bolognese  
served with  
Gluten Free Pasta &  
Seasonal Vegetables  
or  
Vegetable Bolognese

# Week 3

3

Week starting:  
18/7/22, 19/9/22, 10/10/22,  
31/10/22, 21/11/22,  
12/12/22, 2/1/23

**MONDAY**  
Gluten Free  
Meatballs in  
Gluten Free Gravy  
served with  
Gluten Free Pasta,  
Broccoli/carrots or  
Vegetable Gluten  
Free Pasta Bake

**THURSDAY**  
Chicken Fillet  
served with  
Roast & Mashed  
Potatoes, Green  
Vegetable Medley &  
Gluten Free Gravy  
or  
Cheese & Potato Pie

**TUESDAY**  
Sliced Ham  
served with  
Herby Diced  
Potatoes,  
Baked Beans or  
Sweetcorn or  
Jacket Potato with  
Various Fillings

**FRIDAY**  
Gluten Free Fish  
served with  
Jacket Wedges,  
Peas &  
Baked Beans  
or  
Jacket Potato Various  
Fillings

**WEDNESDAY**  
Homemade Beef  
Bolognese  
served with Gluten Free  
Pasta, Peas & Broccoli  
or  
Vegetable Bolognese  
served with Gluten Free  
Pasta

Go to  
[www.food.gov.uk/ratnqs](http://www.food.gov.uk/ratnqs) to find out the  
Food Hygiene ratings  
of our schools



Welcome to our Gluten Free Menu 22/23  
A Selection of

Fresh fruit/Gluten Free Jelly/Gluten Free Shortbread/Yogurt available daily

Ice Cream served with Fresh Fruit every Thursday

Allergen information to accompany this menu is held in the Kitchen and available upon request

Please contact us if your child has specialist dietary need; we aim to provide a healthy balanced school meal for every pupil  
[www.bigfreshcatering.co.uk](http://www.bigfreshcatering.co.uk)