

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

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

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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

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