
















Week 1 - Gluten Free		
Date 5/7*, 19/7, 30/8*, 13/9, 27/9, 11/10	Menu	Allergens
<b>Monday</b>	Cheese and Onion Pasty served with steamed new potatoes and green beans  Fresh grapes and Apple or Melon slices	 
<b>Tuesday</b>	Fish fingers served with pasta and baked beans Coconut slice with ice cream	  
<b>Wednesday</b>	Roast Herbed Fillet of Chicken with garlic and rosemary roasted potatoes and seasonal vegetables with gravy.  Fruity Jelly	 in <i>gravy</i>
<b>Thursday</b>	GF Pasta Bolognaise served with broccoli and crusty gf bread roll  GF Pancakes and Berry Fruity sauce	    
<b>Friday</b>	GF Sausage and chips with peas and sweetcorn. Served with tomato ketchup  GF Fruity flapjack	

**WEEK 2 Main menu**



- Main		
Date	Menu	Allergens
28/6, 12/7, 6/9, 20/9, 4/10, 18/10		
<b>Monday</b>	Jacket potato with cheese or tuna mayonnaise, served with broccoli and sweetcorn. Grapes and Apple or Melon slices	<b>Lentils b vits pulses, peppers vit c, carrot vit A</b>   
<b>Tuesday</b>	Fish fingers with chips and peas and sweetcorn, served with tomato ketchup  Angel Delight	 
<b>Wednesday</b>	Baked Gammon with garlic and rosemary roasted potatoes and seasonal vegetables with gravy.  Fruity Jelly*	 in gravy
<b>Thursday</b>	GF Sausage rolls served with baked beans and potato wedges  Coconut Slice	 
<b>Friday</b>	GF Fish and chips with peas and carrots  Flapjack	

<b>Allergen</b>	<b>Milk</b> 	<b>Soya beans</b> 	<b>Fish</b> 	<b>Eggs</b> 	<b>Gluten</b> 
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- \* tuesday 6th July will be Monday's dinner
- \* thursday 2nd September will be Monday's dinner
- \* friday 3rd September will be Friday's dinner but with angel delight