

APRIL TO
OCTOBER 2025

NOURISH
GROW WITH US

GLUTEN FREE MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

21ST APRIL
12TH MAY
9TH JUNE
30TH JUNE
21ST JULY
1ST SEPTEMBER
22ND SEPTEMBER
13TH OCTOBER

Mild Chilli Beef
Jacket with a Choice Of Toppings **7,8,9**

Rice, Mixed Peppers, Peas

Custard **7**
Fruit Pots **VG**

Rice & Bean Biryani **VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Ice Cream **7**
Fruit Pots **VG**

Vegetable Sausage & Gravy **VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes, Green Beans,
Carrots

Fruit Jelly **VG**
Yoghurt **3,7**, Fruit Pots **VG**

Loaded Cajun Bean Wedges **VG**
Jackets with a Choice of Toppings **7,8,9**

Sweetcorn, Coleslaw **9**

Yoghurt **3,7**,
Fruit Pots **VG**

Gluten Free Battered Fish **8**
Jackets with a Choice of Toppings **7,8,9**

Chips, Peas, Baked Beans,
Cucumber

Yoghurt **3,7**
Fruit Pots **VG**

WEEK TWO

28TH APRIL
19TH MAY
16TH JUNE
7TH JULY
8TH SEPTEMBER
29TH SEPTEMBER
20TH OCTOBER

Onion Bhajis with Katsu Sauce **VG**
Jackets with a Choice of Toppings **7,8,9**

Rainbow Rice, Carrots, Peas

Custard **7**
Fruit Pots **VG**

Savoury Beef
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Seasonal Vegetables

Chocolate & Mandarin Mousse **7**
Fruit Pots **VG**

Roast Chicken & Gravy
Roasted Vegetable Hot Pot **VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes
Broccoli, Carrots

Yoghurt **3,7**, Fruit Pots **VG**

BBQ Pulled Pork Loaded Wedges
Jackets with a Choice of Toppings **7,8,9**

Cauliflower, Coleslaw **9**

Yoghurt **3,7**,
Fruit Pots **VG**

Gluten Free Battered Fish **8**
Jackets with a Choice of Toppings **7,8,9**

Chips, Peas, Grated Carrot

Yoghurt **3,7**
Fruit Pots **VG**

WEEK THREE

5TH MAY
2ND JUNE
23RD JUNE
14TH JULY
15TH SEPTEMBER
6TH OCTOBER

Pork & Beef Bolognese on half a
Jacket
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Ice Cream **7**
Fruit Pots **VG**

Caribbean Chicken Curry
Jackets with a Choice of Toppings **7,8,9**

Rice, Green Beans, Carrots

Custard **7**
Fruit Pots **VG**

Roast Gammon & Gravy
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes, Cabbage, Swede

Fruit Jelly **VG**
Yoghurt **3,7**, Fruit Pots **VG**

Coconut & Spinach Biryani **VG**
Jackets with a Choice of Toppings **7,8,9**

Cauliflower, Mixed Peppers

Yoghurt **3,7**,
Fruit Pots **VG**

Gluten Free Battered Fish **8**
Cheese & Cauliflower Nuggets **7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips, Peas, Sweetcorn, Coleslaw **9**

Yoghurt **3,7**,
Fruit Pots **VG**

AVAILABLE DAILY 1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten **VG** Vegan **V** Vegetarian

Primary 3 Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



WE ♥ VEGGIES