



# schoolmeals DIETARY MENU

UK  
GR026  
EC

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	Meat/Fish	GF Burger	Roast Chicken	GF Bolognese	GF Sausage	Beef Casserole
	Potato	Diced potatoes	Roast potatoes	GF Pasta	D/F Mash	Diced Potatoes
	Vegetables	Carrot/Cucumber Sticks	Mixed Vegetables	Peas	Vegetables	Vegetables
	Dessert	Fresh Fruit Salad	Soya Yogurt	Caramel Soya Pot	Jelly	Fresh Fruit Salad
<b>WEEK TWO</b>	Meat/Fish	GF Chilli	GF Pizza	Roast Pork	GF Burger	GF Fish Finger
	Potato	GF Pasta	GF Pasta	Roast Potatoes	Diced Potatoes	D/F Mash
	Vegetables	Carrots	Sweetcorn	Mixed Vegetables	Peas	Mixed Vegetables
	Dessert	GF Ice Cream	Chocolate Soya Pot	Fresh Fruit Salad	Soya Yogurt	Fresh Fruit Salad
<b>WEEK THREE</b>	Meat/Fish	GF Fish Finger	Chicken Breast	GF Lasagne	Plain Chicken	Jacket Potato
	Potato	Diced Potatoes	D/F Mash	GF Garlic Bread	Roast Potatoes	Soya Cheese
	Vegetables	Peas	Sweetcorn	Peas	Green Beans	Mixed Vegetables
	Dessert	Soya Yogurt	Stewed Apple	Jelly	Pineapple Chunks	Fresh Fruit Salad
<b>WEEK FOUR</b>	Meat/Fish	Chicken Breast	Chicken Korma	Roast Turkey	GF Mince	GF Fish Finger
	Potato	Diced Potatoes	Rice	Roast Potatoes	D/F Mash	Diced Potatoes
	Vegetables	Peas	Vegetables	Carrots/Corn	Cabbage	Mixed Vegetables
	Dessert	Soya Yogurt	Stewed Pear	GF Ice Cream	Strawberries	Chocolate Alpro Dessert

This menu is **FREE** from Gluten, Dairy & Lactose!


