

WEEK 1

WEEK COMMENCING

11/06/18, 02/07/18, 23/07/18, 17/09/18 & 08/10/18

Monday

G/F & D/F Main: Pork Loin Strips

G/F & D/F Vegetarian: Quorn & Vegetable Ratatouille

Side: Mashed Potatoes

Vegetables: Green Beans

Dessert: Fruit Jelly

Tuesday

G/F & D/F Main: Savoury Minced Beef in Tomato Sauce

G/F & D/F Vegetarian: Savoury Vegetables in Tomato Sauce

Side: Rice

Vegetables: Sweetcorn & Peppers

G/F & D/F Dessert: Sultana Muffin

Wednesday

G/F & D/F Main: Roast Turkey & Gravy

G/F & D/F Vegetarian: Quorn Fillet & Gravy

Side: New Potatoes

Vegetables: Farmhouse Vegetables

Dessert: Jam Muffin

Thursday

G/F & D/F Main: Baked Chicken Fillet & Gravy

G/F & D/F Vegetarian: Vegetable & Chick Pea Casserole

Side: Mash Potatoes

Vegetables: Carrots

Dessert: Alpro Yoghurt

Friday

G/F & D/F Main: Baked Fish Fillet

G/F & D/F Vegetarian: Baked Vegetable Crumble

Side: Chips

Vegetables: Garden Peas & Ketchup

Dessert: Fruit Cookie (G/F & D/F)



SCHOOL LUNCH MENU - JUNE to OCT 2018

Gluten & Dairy Free Menu

WEEK 2

WEEK COMMENCING

18/06/18, 09/07/18, 03/09/18, 24/09/18 & 15/10/18

Monday

G/F & D/F Main: Chicken Strips in Tomato & Pepper Sauce

F/F & D/F Vegetarian: Vegetable & Mixed Bean Casserole

Side: Rice

Vegetables: Farmhouse Vegetables

Dessert: Alpro Dessert

Tuesday

G/F & D/F Main: Roast Pork & Gravy

G/F & D/F Vegetarian: Quorn Fillet & Gravy

Side: Roast Potatoes

Vegetables: Carrots & Green Beans

Dessert: Banana Muffin

Wednesday

G/F & D/F Main: Bolognese Pasta Bake

G/f & D/F Vegetarian: Vegetable Bolognese Pasta Bake

Side: "Genuis" Bread Slice

Vegetables: Farmhouse Vegetables

Dessert: Fruit Jelly

Thursday

G/F & D/F Main: Baked Chicken Fillet

G/F & D/F Vegetarian: Tomato & Roasted Pepper Pizza

Side: Jacket Wedges

Vegetables: Baked Beans

Dessert: Fruit Cocktail

Friday

G/F & D/F Main: Fish Fillet in Tomato Sauce

G/F & D/F Vegetarian: Vegetable Casserole

Side: Chips

Vegetables: Garden Peas

Dessert: Chocolate Muffin

WEEK 3

WEEK COMMENCING

04/06/18, 25/06/18, 16/07/18, 10/09/18 & 01/10/18

Monday

G/F & D/F Main: Pork Meatballs in Tomato Sauce

G/F & D/F Vegetarian: Vegetable & Chickpea Casserole

Side: Rice

Vegetables: Sweetcorn

Dessert: Sultana Muffin

Tuesday

G/F & D/F Main: Roast Beef

G/F & D/F Vegetarian: Quorn Fillet & Gravy

Side: Roast Potatoes

Vegetables: Carrots & Garden Peas

G/F & D/F, V Dessert: Alpro Dessert

Wednesday

G/F & D/F Main: Pork Loin Strips

G/F & D/F Vegetarian: Vegetable & Mixed Bean Casserole

Side: Jacket Wedges

Vegetables: Baked Beans

Dessert: Sultana Muffin

Thursday

G/F & D/F Main: Chicken in Gravy

G/F & D/F Vegetarian: Baked Vegetable Crumble

Side: Mashed Potatoes

Vegetables: Farmhouse Vegetables

Dessert: Fruit Jelly

Friday

G/F & D/F Main: Baked Fish Fillet

G/F & D/F Vegetarian: Savoury Vegetables in Tomato Sauce

Side: Chips

Vegetables: Garden Peas

Dessert: Lemon Cookie



DAILY EXTRAS: Jacket potatoes & baked beans are available daily, as the alternative to the main menu, BAM FM recommends choosing the jacket potato option no more than twice a week. We use Gluten Free Pasta, Flour, Gravy & Fish Products. Fresh drinking water available daily.