

WEEK 1

WEEK COMMENCING

11/03/19, 01/04/19, 06/05/19, 03/06/19,
24/06/19, 15/07/19

Monday

G/F & D/F Main: Pork Loin

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

Side: Jacket Potato Wedges

Vegetables: Baked Beans

Dessert: Chocolate Muffin

Tuesday

G/F & D/F Main: Mild Beef Chili Con Carne

G/F & D/F Vegetarian: Mild Vegetable Chili Con Carne

Side: Rice

Vegetables: Green Beans

G/F & D/F Dessert: Fruit Jelly

Wednesday

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

G/F & D/F Vegetarian: Roast Quorn Pieces & Gravy

Side: New Potatoes

Vegetables: Farmhouse Vegetables

Dessert: Alpro Yoghurt

Thursday

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

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

Side: Mashed Potatoes

Vegetables: Sweetcorn

Dessert: Fruit Cocktail

Friday

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

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

Side: Chips

Vegetables: Garden Peas & Tomato Ketchup

Dessert: Lemon Muffin (G/F & D/F)



SCHOOL LUNCH MENU - Feb 2019 to July 2019

Gluten & Dairy Free Menu

WEEK 2

WEEK COMMENCING

25/02/19, 18/03/19, 22/04/19, 13/05/19,
10/06/19, 01/07/19, 22/07/19

Monday

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

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

Side: Rice

Vegetables: Garden Peas

Dessert: Alpro Yoghurt

Tuesday

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

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

Side: Jacket Potato Wedges

Vegetables: Sweetcorn

Dessert: Chocolate Muffin

Wednesday

Meat: Savoury Pork Boston Bake & Gravy

Vegetarian: Savoury Vegetables in Tomato Sauce

Side: New Potatoes

Vegetables: Farmhouse Vegetables

Dessert: Fruit Cocktail

Thursday

G/F & D/F Main: Pasta Bolognaise

G/F & D/F Vegetarian: Vegetable Pasta Bolognaise

Side: GF DF Garlic Bread

Vegetables: Sliced Carrots

Dessert: Fruit Jelly

Friday

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

G/F & D/F Vegetarian: Vegetable Casserole

Side: Chips

Vegetables: Baked Beans

Dessert: Carrot Muffin

WEEK 3

WEEK COMMENCING

04/03/19, 25/03/19, 29/04/19, 20/05/19,
17/06/19, 08/07/19

Monday

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

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

Side: Rice

Vegetables: Sweetcorn & Peppers

Dessert: Somerset Apple Muffin

Tuesday

G/F & D/F Main: Chicken Breast

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

Side: Jacket Potato Wedges

Vegetables: Baked Beans

G/F & D/F Dessert: Fruit Cocktail

Wednesday

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

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

Side: Roast Potatoes

Vegetables: Carrots & Green Beans

Dessert: Fruit Jelly

Thursday

G/F & D/F Main: Chicken & Vegetable Casserole

G/F & D/F Vegetarian: Vegetable Casserole

Side: Mashed Potatoes

Vegetables: Farmhouse Vegetables

Dessert: Chocolate Muffin

Friday

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

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

Side: Chips

Vegetables: Garden Peas

Dessert: Golden Syrup 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.