

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
Tomato & Herb Gluten Free Pasta **VG**
Jacket with a Choice Of Toppings **7,8,9**

Rice, Mixed Peppers, Peas

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

Chicken & Tomato Gluten Free Pasta
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 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

Tomato & Sweetcorn Gluten Free
Pasta **VG**
Jackets with a Choice of Toppings **7,8,9**

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

Rustic Roast Potatoes
Cabbage, Carrots

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

Pulled Pork Loaded Wedges
Tomato Gluten Free Pasta **VG**
Jackets with a Choice of Toppings **7,8,9**

Green Beans, 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

Bolognese with Gluten Free Pasta
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

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

Mild Chicken Curry
Herby Tomato Gluten Free Pasta **VG**
Jackets with a Choice of Toppings **7,8,9**

Rice, Green Beans, Carrots

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

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

Rustic Roast Potatoes, Broccoli, Swede

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

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

Carrots, Mixed Peppers

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

Gluten Free Battered Fish **8**
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

Norfolk 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