



fresh^{to}day

HEALTHY SCHOOL MEALS

GLUTEN-FREE MENU

		MON	TUE	WED	THU	FRI
1.	CHARGRILLED CHICKEN & POTATO CUBES WITH VEG		✓		✓	✓
2.	CHARGRILLED CHICKEN FILLET, MASH & VEG WITH GRAVY ⁷		✓		✓	
3.	CHARGRILLED CHICKEN FILLET, MASH & VEG NO GRAVY		✓		✓	
4.	CHEESY BBQ CHICKEN JACKET POTATO ⁷					✓
5.	CHEESY BEAN JACKET POTATO ⁷			✓		
6.	CHICKEN TIKKA BOX WITH SWEET PEPPERS ⁷				✓	
7.	MEDITERRANEAN CHICKEN PAELLA			✓		
8.	ROAST BEEF MASH & GREEN BEANS WITH GRAVY ⁷	✓				
9.	ROAST BEEF MASH & GREEN BEANS NO GRAVY ⁷	✓				
10.	ROAST CHICKEN, BABY POTATO WITH VEG NO GRAVY	✓		✓		✓
11.	ROAST CHICKEN, BABY POTATO WITH VEG WITH GRAVY			✓		
12.	ROAST HAM, BABY POTATO WITH VEG		✓		✓	
13.	VEGAN BEAN CHILLI WITH RICE					✓
14.	VEGETABLE-INFUSED CHICKEN CURRY WITH RICE ⁷	✓	✓	✓	✓	✓



1. CEREALS CONTAINING GLUTEN 2. CRUSTACEANS 3. EGGS 4. FISH 5. PEANUTS 6. SOYBEANS 7. MILK 8. NUTS 9. CELERY 10. MUSTARD 11. SESAME SEEDS 12. SULPHUR DIOXIDE 13. LUPIN 14. MOLLUSCS