Secondary

freshtoday
HEALTHY SCHOOL MEALS

GLUTEN-FREE MENU

		MON	TUE	WED	THU	FRI
1.	BEAN CHILLI WITH RICE					✓
2.	CHEESY BEAN BAKED POTATO [7]			✓		
3.	CHEFS SPECIAL BREAST OF CHICKEN CURRY & RICE [7]	✓	✓	✓	✓	✓
4.	CHEFS SPECIAL VEGETARIAN CURRY & RICE [7]	✓		✓		
5.	PORK MEATBALLS, SEASONAL VEG & MASH POTATO [7]	✓	✓	✓	✓	✓
6.	PORK MEATBALLS, SEASONAL VEG & MASH POTATO & GRAVY [7]			✓		✓
7.	ROAST BEEF, SEASONAL VEG, MASH POTATO & GRAVY [7]	✓				
8.	ROAST BREAST OF CHICKEN, SEASONAL VEG, MASH & GRAVY [7]	✓	✓	✓	✓	✓
9.	ROAST BREAST OF CHICKEN, SEASONAL VEG & MASH POTATO [7]	✓	✓	✓	✓	✓
10.	SPICED CHICKEN TIKKA BOXED MEAL [7]		✓		✓	
11.	SPRING SPECIAL 4IN1 [7]	✓	✓	✓	✓	✓
12.	TRADITIONAL MEXICAN TACO FRIES [3,7,10]	✓			✓	

V VEGETARIAN | VEGAN | GLUTEN FREE | حلال HALAL FRIENDLY

[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