

## WEEK 1

### WEEK COMMENCING

05/11/18, 26/11/18, 17/12/18, 21/01/19, 11/02/19

### Monday

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

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

**Side:** Mashed Potatoes

**Vegetables:** Baked Beans

**Dessert:** Fruit Jelly

### Tuesday

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

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

**Side:** New Potatoes

**Vegetables:** Farmhouse Vegetables

**G/F & D/F Dessert:** Jam Muffin

### Wednesday

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

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

**Side:** Mash Potatoes

**Vegetables:** Sweetcorn

**Dessert:** Alpro Dessert

### Thursday

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

**G/F & D/F Vegetarian:** Vegetable Pasta Bolognese

**Side:** D/F & GF Garlic Bread

**Vegetables:** Green Beans

**Dessert:** Sultana Muffin

### Friday

**G/F & D/F Main:** Bubble Crumb Fish Fillet

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

**Side:** Chips

**Vegetables:** Garden Peas & Tomato Ketchup

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



## SCHOOL LUNCH MENU - Nov 2018 to Feb 2019

### Gluten & Dairy Free Menu

## WEEK 2

### WEEK COMMENCING

12/11/18, 03/12/18, 07/01/19, 28/01/19

### Monday

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

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

**Side:** Rice

**Vegetables:** Sweetcorn

**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:** Chocolate Muffin

### Wednesday

**G/F & D/F Main:** Savoury Minced Beef

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

**Side:** Mashed Potatoes

**Vegetables:** Garden Peas

**Dessert:** Fruit Jelly

### Thursday

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

**G/F & D/F Vegetarian:** Baked Quorn Fillet

**Side:** New Potatoes

**Vegetables:** Farmhouse Vegetables

**Dessert:** Fruit Cocktail

### Friday

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

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

**Side:** Chips

**Vegetables:** Baked Beans

**Dessert:** Sultana Muffin

 **Christmas Lunch Date: 13th December 2018.** 

Please see separate menu for details



## WEEK 3

### WEEK COMMENCING

19/11/18, 10/12/18, 14/01/19, 04/02/19

### 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:** Pineapple Cookie

### Tuesday

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

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

**Side:** Roast Potatoes

**Vegetables:** Carrots & Green Beans

**G/F & D/F Dessert:** Alpro Dessert

### Wednesday

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

**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 Breast 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:** Bubble Crumb 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.