



Lower School Gluten Free Choices

Week 1

Monday

Chicken Sausage In a soft Finger Roll

Veggie Sausage in a Soft Finger Roll

Chocolate Chip Shortbread

Tuesday

Malaysian Chicken Curry & Fragrant Rice

Aromatic Vegetable Curry
with Rice & Naan

Cherry Flapjack

Wednesday

Pork Meatballs in a Tangy Tomato &
Vegetable Sauce

Quorn Balls in a Tangy Tomato &
Vegetable Sauce

Apple & Cinnamon Crumble

Thursday

Assorted Deep Pan Pizza Slice

Vegan Chilli And Rice

Homemade Oaty Biscuits

Friday

Katsu Chicken and Sticky Rice

Mushroom & Parmesan Risotto

Iced Muffin

Available Daily

Fresh Fruit

Salad Bar

Pasta Bar (GF on Request) with Sauces

Jacket Potato with Various Fillings

Sandwiches (GF on Request)

A Selection of Seasonal Vegetables &
Potatoes

GF Desserts available on Request