



Lower School Gluten Free

Week 3

Monday

Golden Crumbed Fish Fingers

Vegetable Spring Roll and Sweet Chilli
Sauce

Chocolate Swirled Shortbread

Tuesday

Aromatic Chicken Tikka Masala
With Golden Rice & Naan Bread

Onion Bhaji and Mango Chutney

Iced Sponge

Wednesday

Turkey Meatballs in a Tangy Tomato &
Vegetable Sauce

Homemade Cheddar and Spring Onion
Pasty

Cherry Scone

Thursday

Assorted Deep Pan Pizza Slice

Mac n Cheese

Fruit Jelly

Friday

Chicken Chunks, Noodles & Sweet Chilli Sauce

Homemade Vegetable Lasagne

Apple & Red Cherry Crumble

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