



Lower School Gluten Free Choices

Week 4

Monday

Oven Baked Fish Fingers

Vegetable Samosa and Mango Chutney

Iced Sponge

Tuesday

Bolognese Pasta Bake topped with Mozzarella and served with Garlic Slice

Garlic Mushroom Frittata

Dusted Shortbread

Wednesday

Sausage Mash and Onion Gravy

Quorn Toad in the Hole

Creamy Rice Pudding & Topping

Thursday

Assorted Thin & Crispy Pizza Slice

Margherita Pizza

Buttery Flapjack

Friday

Chicken Chunks with Sweet and Sour Sauce & Rice

Goats Cheese and Spinach Tartlet

Chocolate Chip 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



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