

AUTUMN MENU 2021 - Gluten & Dairy Free

WEEK 1

Week commencing

06.09.21, 27.09.21, 18.10.21, 15.11.21, 06.12.21

Monday

Chicken in tomato & basil sauce

Steamed rice & sweetcorn

Alpro dessert

Tuesday

Baked gammon ham

Steamed potato & farmhouse vegetables

Lemon drizzle muffin

Wednesday

Beef pasta Bolognese

Schar bread, carrots & peas

Jelly with fruit

Thursday

Baked gammon ham

Roast potatoes, cabbage, green beans & gravy

Apple muffin

Friday

Breaded fish fingers

Chips & baked beans

Alpro dessert

WEEK 2

Week commencing

13.09.21, 14.10.21, 01.11.21, 22.11.21, 13.12.21

Monday

Baked gammon ham

Baked jacket potato wedges & baked beans

Alpro dessert

Tuesday

Chicken & bacon pasta bake

Schar garlic bread & mixed vegetables

Sultana cookie

Wednesday

Savoury minced beef & vegetables

Layered potatoes & farmhouse vegetables

Fruit muffin

Thursday

Roasted vegetables in tomato sauce

Wholegrain steamed rice, sweetcorn & green beans

Chocolate cookie

Friday

Breaded fish cake

Chips, peas & tomato ketchup

Jelly with fruit

WEEK 3

Week commencing

20.09.21, 11.10.21, 08.11.21, 29.11.21

Monday

Braised chicken

Baked jacket potato wedges & baked beans

Alpro dessert

Tuesday

Beef pasta bolognese

Schar garlic bread, carrots & green beans

Jelly & fruit salad

Wednesday

BBQ style chicken & vegetables

Steamed vegetable rice

Pear & ginger muffin

Thursday

Roast beef & gravy

Roast potatoes, broccoli & cauliflower

Cherry cookie

Friday

Battered fish fingers

Chips, peas & tomato ketchup

Alpro dessert

* Fresh fruit is offered as an alternative to the dessert option / Fresh drinking water & schar bread are available daily / A vegetarian option is available to those that require it *