

| Gluten Free Menu                  |                                                              |                                                                 |                                                                      |                                                                   |                                                                      |
|-----------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------|
| Autumn/Winter Menu 2025/26 Week 1 | Eco Forest Ranger Monday                                     | Allergen Friendly Tuesday (FDA)                                 | Allergen Friendly Wednesday (FDA)                                    | Tasty Thursday                                                    | Fun Fact Friday                                                      |
| CHOICE 1                          | Margherita Pizza (gf) (ve) with Jacket Wedges (ve)           | Jollof Rice (ve)                                                | Baked Countryside Cutlet with Rosemary Roast Potatoes and Gravy (ve) | Classic Tomato & Basil Pasta (ve)(gf)                             | MSC Golden Crumb Fish Fingers (df) (gf) served Oven Chipped Potatoes |
| CHOICE 2                          |                                                              | CHilli Con Carne Mixed Rice                                     | Roast Chicken with Rosemary Roast Potatoes and Gravy                 |                                                                   | Bubble Crumb Salmon Fillet (df)(gf) with Oven Chipped Potatoes       |
| CHOICE 3                          | Oven Baked Jacket Potato with Baked Beans (ve) or Cheese (v) | Oven Baked Jacket Potato with Baked Beans (ve) or Coleslaw (ve) | Oven Baked Jacket Potato with Baked Beans (ve) or Coleslaw (ve)      | Oven Baked Jacket Potato with Baked Beans (ve) Cheese (v) or Tuna | Oven Baked Jacket Potato with Baked Beans (ve) Cheese (v) or Tuna    |
| Vegetables                        | Minted Garden Peas (ve) Sweetcorn (ve)                       | Roasted Organic Carrots (ve) Green Beans (ve)                   | Mixed Vegetables (ve) Fresh Season Green Cabbage (ve)                | Fresh Seasonal Broccoli (ve) Sweetcorn Coblets (ve)               | Baked Beans (ve) Minted Garden Peas (ve)                             |
| Salads                            | Salad Selection (ve)                                         | Salad Selection (ve)                                            | Salad Selection (ve)                                                 | Salad Selection (ve)                                              | Salad Selection (ve)                                                 |
| Desserts                          | Yogurt Bar (v) with Fruit Compote (ve)                       | Creamy Rice Pudding (ve) with a Fruit Compote (ve)              | St Clements Jelly (ve)                                               | Yogurt Bar (v) with Fruit Compote (ve)                            |                                                                      |
| DAILY                             |                                                              | Fresh Fruit Salad (ve)                                          | Fresh Fruit Salad (ve)                                               |                                                                   | Organic Fruit Yogurt (v) with Seasonal Fresh Fruit (ve)              |
| DAILY                             | Seasonal Fresh Fruit(ve)                                     | Seasonal Fresh Fruit (ve)                                       | Seasonal Fresh Fruit (ve)                                            | Seasonal Fresh Fruit (ve)                                         | Seasonal Fresh Fruit (ve)                                            |
| Bread                             |                                                              | Homemade Bread (ve)                                             | Homemade Bread (ve)                                                  |                                                                   |                                                                      |