

| Gluten Free Menu                  |                                                           |                                                                 |                                                                 |                                                                   |                                                                                       |
|-----------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Autumn/Winter Menu 2025/26 Week 2 | Eco Forest Ranger Monday                                  | Allergen Friendly Tuesday (FDA)                                 | Allergen Friendly Wednesday (FDA)                               | Tasty Thursday                                                    | Fun Fact Friday                                                                       |
| CHOICE 1                          |                                                           | Tangy Tomato & Pepper Pasta (ve)                                | Power Sausage with Roasted Potatoes and Gravy (ve)              | Roasted Vegetable Biryani (ve) (gf) (df)                          | MSC Golden Crumb Fish Fingers (df)(gf) with a Lemon Twist with Oven Chipped Potatoes  |
| CHOICE 2                          |                                                           | Spicy Meatballs in a Creamy Tomato Sauce with Italian Rice      | Spicy Chicken with Roasted Potatoes                             | Burger with Oven Baked Jacket Wedges                              | MSC Bubble Crumb Salmon Fillet (df)(gf) with a Lemon Twist with Oven Chipped Potatoes |
| CHOICE 3                          | Oven Baked Jacket Potato with Baked Beans (ve) 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                        | Fresh Seasonal Broccoli(ve) Sweetcorn (ve)                | Fresh Seasonal Organic Carrots (ve) Green Beans (ve)            | Rainbow Roasted Veggies (ve)                                    | Fresh Seasonal Broccoli(ve) Mixed Vegetables (ve)                 | Baked Beans (ve) Sweetcorn (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)                    | Fruit Smoothie (ve)                                             | Fruit Jelly Pot (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)                                             |                                                                   |                                                                                       |