**Cookfreeze Primary School**

**Gluten Free Menu**

**April ‘21**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main Meal** **Choice**  | Sweet Chilli Vegetables (ind) | **Roast** **Chicken****(no gravy)** | Chicken pasta(ind) | Steak Pie (ind)  | **Chicken** **Curry**  |
| **Vegetarian** **Choice**   | **Baked** **Potato** | VegetablePasta Bake  (ind) | **Vegetable****Paella**  | Vegetable Bolognaise (ind) | Cheese & RiceLoaf (ind) |
| **Week 2****Main Meal** **Choice**  | Macaroni Cheese (ind) | **Savoury** **Mince**  | Meatballs In Gravy(ind)  | Spaghetti Bolognaise (ind) | Chicken & Rice(ind) |
| **Vegetarian** **Choice**   | **Baked** **Potato** | Broccoli Cauli Pasta (ind) | **Vegetable** **Curry**  | Broccoli Quiche(ind) | Tomato Pasta (ind) |
| **Week 3****Main Meal** **Choice**  | **Sweet Potato****Curry** | Beef Lasagne (ind)  | **Roast** **Chicken****(no gravy)** | Chicken Pie (ind)  | Cheese & Tomato Quiche (ind) |
| **Vegetarian** **Choice**   |  **Baked** **Potato** | Vegetable Lasagne (ind) | Vegetable Risotto (ind) | **Vegetarian** **Chilli**  | Spicy Vegetables(ind) |
| **Week 4****Main Meal** **Choice**  | Macaroni Cheese (ind) | Chicken Supreme(ind) | Mince Pie (ind) | **Chicken Casserole**  | Chicken Arrabbiatta (ind) |
| **Vegetarian** **Choice**   | Cheesy Potato Bake (ind) | **Thai****Vegetable** **Curry**  | **Baked** **Potato** | Cauliflower Crunch(ind) | Tropical Sweet & sour(ind) |

 **N.B individual products are available to order**

**From Cookfreeze as required**

**All other products highlighted in bold are menu items suitable for gluten free**

**(This does not include bread or pudding accompaniments)**