**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** | Vegetable  Pasta Bake  (ind) | **Vegetable**  **Paella** | Vegetable  Bolognaise  (ind) | Cheese  & Rice  Loaf  (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)**