

**WEEK 1**

Diet	Gluten / soya free Gluten/ diabetic	Dairy Free
School	Dunholme 1	Dunholme 1

<b>Monday</b>		
Main	GF Sausage in GF Gravy with Mashed potatoes, carrots and swede	Organic Pork meatballs in GF gravy, mashed potato, carrots and swede
Dessert	GF Chocolate Cake with cream	Fruity Pot

<b>Tuesday</b>		
Main	Uncle Bens Sweet and Sour chicken with rice and sweetcorn	Uncle Bens Sweet and Sour chicken with rice and sweetcorn
Dessert	GF Apple crumble and custard	Jelly Pot

<b>Wednesday</b>		
Main	GF Pasta with GF Bolognese and Broccoli	(In with main meal) Pasta Bolognese with broccoli
Dessert	GF Cake	Fresh fruit

<b>Thursday</b>		
Main	GF Cheese & onion pasty with diced potato wedges and baked GF Mandarin sponge cake	GF Ham and tomato pasty with diced potato wedges and baked beans
Dessert		Fruity Pot

<b>Friday</b>		
Main	GF Fish fingers with potato wedges and Peas	(In with main meal) Breaded Salmon fillet with potato wedges and peas
Dessert	Fruit Salad and cream	Fruit Salad

**WEEK 2**

Diet	Gluten / Soya free Gluten Free / Diabetic	Dairy Free
School	Dunholme 1	Dunholme 1

<b>Monday</b>		
Main	GF Sausage with Diced Potato and baked beans	GF Sausage with diced potato and baked beans
Dessert	GF Cake	Fresh fruit

<b>Tuesday</b>		
Main	GF Pasta with GF Bolognese and salad	Pasta with Bolognese sauce and salad
Dessert	Fruit Flapjack	Fruity Pot

<b>Wednesday</b>		
Main	Roast Chicken in GF gravy with mashed potatoes and carrots	Roast Chicken in GF gravy, mashed potatoes and carrots
Dessert	GF Iced Chocolate sponge	Jelly Pot

<b>Thursday</b>		
Main	(In with main meal) GF Chili Beef with Rice and Broccoli	(In with main meal) Chili beef with rice and broccoli
Dessert	Fresh Fruit with Frozen Yogurt	Fresh fruit

<b>Friday</b>		
Main	GF Fish fingers with Potato wedges and mushy peas	(In with main meal) Fish Fillet Squares with potato wedges and mushy peas
Dessert	GF Cake and Milk	Fruity Pot

**WEEK 3**

Diet	Gluten/ Soya Free Gluten/Diabetic	Dairy free
School	Dunholme 1	Dunholme 1

<b>Monday</b>		
Main	GF Sausage in GF Gravy with Mashed Potato, carrots & swede	GF Sausage in GF gravy with mashed potatoes, carrots and swede
Dessert	GF Peach Crumble and custard	Fruity pot

<b>Tuesday</b>		
Main	Fruity chicken curry with rice and broccoli	Fruity chicken curry with rice and broccoli
Dessert	Fruit salad	Fruit salad

<b>Wednesday</b>		
Main	(In with main meal) Cheesy Topped Cottage pie with carrots	Cottage pie ( no cheese) with carrots
Dessert	GF Cake	Jelly Pot

<b>Thursday</b>		
Main	GF Pasta, chicken in Tomato & basil sauce with peas	GF Pasta, chicken in Tomato & basil sauce with peas
Dessert	Strawberry sponge and custard	Fresh Fruit

<b>Friday</b>		
Main	(In with main meal) Jacket Potato with cheese and beans	(In with main meal) Jacket Potato with beans
Dessert	Fruit pot	Fruit Pot

**WEEK 4**

<b>Monday</b>	Chicken & Vegetables in GF Pie with GF gravy, Mashed potatoes, carrots and swede Fresh fruit with frozen yogurt	(Pie in with main meal) Chicken and vegetable pie, mashed potatoes, carrots and swede	Fresh fruit
<b>Main</b>			
<b>Dessert</b>			

<b>Tuesday</b>	Roast Beef in GF Gravy with homemade Roast potatoes and peas GF Cake	Roast beef in GF gravy, homemade roast potatoes and peas	Fresh fruit
<b>Main</b>			
<b>Dessert</b>			

<b>Wednesday</b>	(In with main meal) BBQ Chicken with rice and sweetcorn GF pear sponge and custard	(In with main meal) BBQ Chicken with rice and sweetcorn	Fruity pot
<b>Main</b>			
<b>Dessert</b>			

<b>Thursday</b>	GF Sausages in tomato sauce with GF pasta and broccoli Iced GF Cake	(In with main meal) Organic pork meatballs in tomato sauce with pasta and broccoli	Jelly pot
<b>Main</b>			
<b>Dessert</b>			

<b>Friday</b>	GF Fish fingers with diced potatoes and baked beans Mandarin Orange Jelly and cream	(In with main meal) Salmon fishcakes, diced potatoes and baked beans	Mandarin Orange Jelly
<b>Main</b>			
<b>Dessert</b>			

**WEEK 5**

<b>Monday</b>	GF Sausage with 1/2 jacket potato and baked beans Rice Pudding	(In with main meal) Sausage, 1/2 jacket potato with baked beans	Jelly Pot
<b>Main</b>			
<b>Dessert</b>			

<b>Tuesday</b>	(In with main meal) GF Chicken Casserole served with rice and sweetcorn Iced GF Sponge	(In with main meal) Chicken casserole with rice and sweetcorn	Fresh fruit
<b>Main</b>			
<b>Dessert</b>			

<b>Wednesday</b>	Chicken Fajita and rice with salad and corn on the cob Fruit Salad and yogurt	Chicken Fajita and rice with salad and corn on the cob	Fruit salad
<b>Main</b>			
<b>Dessert</b>			

<b>Thursday</b>	GF Cheese & Ham Pizza bread With potato wedges and salad GF Choc Sponge and custard	French bread pizza with ham (no cheese), potato wedges and salad	Fruity pot
<b>Main</b>			
<b>Dessert</b>			

<b>Friday</b>	GF Fish fingers diced potatoes and peas Fresh Fruit and Frozen Yogurt	GF Fish fingers, diced potatoes and peas	Fresh fruit
<b>Main</b>			
<b>Dessert</b>			

**WEEK 6**

<b>Monday</b>	GF Pasta and Chicken in Pomodoro sauce with Peas Banana and strawberry yoghurt	In with meal Pasta Pomodoro with chicken and Peas	Fruity Pot and a banana
<b>Main</b>			
<b>Dessert</b>			

<b>Tuesday</b>	GF Lamb Mince and potato layer with grated cheese top and broccoli Iced GF Cake	Lamb Mince and potato layer (no cheese sauce or cheese) with Broccoli	Fresh Fruit
<b>Main</b>			
<b>Dessert</b>			

<b>Wednesday</b>	GF Sausage in a GF roll with Potato wedges and salad Jelly Pot	Beefburger in a roll with potato wedges and salad	Jelly Pot
<b>Main</b>			
<b>Dessert</b>			

<b>Thursday</b>	Roast Pork in GF Gravy with New potatoes and carrots GF cake	Roast Pork in GF Gravy with New potatoes and carrots	Fresh fruit
<b>Main</b>			
<b>Dessert</b>			

<b>Friday</b>	Gluten free fish fingers with diced potatoes and baked beans Peaches and cream	Gluten free fish fingers with diced potatoes and baked beans	Peaches
<b>Main</b>			
<b>Dessert</b>			

**WEEK 7**

<b>Monday</b>		
Main	GF Sausage with Diced Potato and baked beans	GF Sausage with diced potato and baked beans
Dessert	GF Cake	Fresh fruit
<b>Tuesday</b>		
Main	GF Pasta with GF Bolognese and salad	GF Pasta with GF Bolognese and salad
Dessert	Fruit Flapjack	Fruity Pot
<b>Wednesday</b>		
Main	Roast Chicken in GF gravy with mashed potatoes and carrots	Roast Chicken in GF gravy, mashed potatoes and carrots
Dessert	Peaches in red jelly	Peaches in red jelly
<b>Thursday</b>		
Main	(In with main meal) GF Chili Beef with Rice and Broccoli	(In with main meal) Chilli beef with rice and broccoli
Dessert	Fresh Fruit with Frozen Yogurt	Fresh fruit
<b>Friday</b>		
Main	GF Fish fingers with Potato wedges and mushy peas	(In with main meal) Fish Fillet Squares with potato wedges and
Dessert	GF Cake and Milk	Fruity Pot