

# Primary Dietary Menu - Gluten free, Dairy Free, Vegan

| Week 1                                                                                         |                                                       |                                                    |                                                                      |                                                                                                                               |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|  <b>Monday</b> | <b>Tuesday</b>                                        | <b>Wednesday</b>                                   | <b>Thursday</b>                                                      | <b>Friday</b>                              |
| <b>Main</b>                                                                                    |                                                       |                                                    |                                                                      |                                                                                                                               |
| Sausage Casserole<br><b>G/F &amp; D/F</b>                                                      | Cheese & Tomato Pizza: 11<br><b>G/F &amp; D/F (V)</b> | Roast Turkey with Gravy<br><b>G/F &amp; D/F</b>    | Chicken Pie with Potato top<br><b>G/F &amp; D/F</b>                  | Fish Fingers (Vegan<br>available on pre-order)<br><b>G/F &amp; D/F</b>                                                        |
| <b>Vegetarian Main</b>                                                                         |                                                       |                                                    |                                                                      |                                                                                                                               |
| Vegetable Sweet & Sour :11<br><b>G/F &amp; D/F (V)</b>                                         | Macaroni Cheese :11<br><b>G/F &amp; D/F (V)</b>       | Vegetable Moussaka :11<br><b>G/F &amp; D/F (V)</b> | Penne Pasta in Tomato &<br>Herb Sauce:11<br><b>G/F &amp; D/F (V)</b> | Veggie Burger :11<br><b>G/F &amp; D/F (V)</b>                                                                                 |
| <b>Served with</b>                                                                             |                                                       |                                                    |                                                                      |                                                                                                                               |
| Rice<br>Cauliflower, Green Beans                                                               | Wedges<br>Baked Beans, Sweetcorn                      | Roast Potatoes<br>Carrots, Peas                    | Mash<br>Broccoli, Cauliflower                                        | Chips / Baked Beans<br>Peas                                                                                                   |
| <b>Jacket Potato</b>                                                                           |                                                       |                                                    |                                                                      |                                                                                                                               |
| Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                                                        | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2               | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2            | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                              | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2  |
| <b>Pudding</b>                                                                                 |                                                       |                                                    |                                                                      |                                                                                                                               |
| Cherry Shortbread :11<br><b>G/F &amp; DF (V)</b>                                               | Vanilla Mousse :9, 11<br><b>G/F &amp; D/F (V)</b>     | Lemon Sponge: 3<br><b>G/F &amp; D/F</b>            | Cookie: 11<br><b>G/F &amp; D/F (V)</b>                               | Fruit Salad:11<br><b>G/F &amp; D/F (V)</b>                                                                                    |

**KEY** - Any Dietary requirements please contact the kitchen

|   |                 |   |               |   |                          |   |                  |    |                    |    |            |
|---|-----------------|---|---------------|---|--------------------------|---|------------------|----|--------------------|----|------------|
| 1 | Contains Celery | 3 | Contains Eggs | 5 | Contains Gluten          | 7 | Contains Mustard | 9  | Contains Soya      | 11 | Vegan      |
| 2 | Contains Dairy  | 4 | Contains Fish | 6 | Suitable for Gluten Free | 8 | Contains Onion   | 10 | Contains Sulphates | 12 | Vegetarian |

| Week 2                                                                                               |                                            |                                                           |                                                        |                                                                                                                               |
|------------------------------------------------------------------------------------------------------|--------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|                      | Monday                                     | Tuesday                                                   | Wednesday                                              | Thursday                                                                                                                      |
|                                                                                                      |                                            |                                                           |                                                        | Friday                                     |
| Main                                                                                                 |                                            |                                                           |                                                        |                                                                                                                               |
| Tuna Pasta Bake :4<br>G/F & D/F                                                                      | Chicken Goujons<br>G/F & D/F               | Roast Pork with Gravy<br>G/F & D/F                        | Beef Burger in a Bap :11<br>G/F & D/F                  | Fish Fingers (Vegan<br>available on pre-order)<br>G/F & D/F                                                                   |
| Vegetarian Main                                                                                      |                                            |                                                           |                                                        |                                                                                                                               |
| Chilli Bean Quesadillas :11<br>G/F & DF (V)                                                          | Cheese & Tomato Pinwheels<br>G/F & D/F (V) | Penne Pasta in Tomato &<br>Herb Sauce:11<br>G/F & D/F (V) | Vegan Meatballs in Tomato<br>Sauce :9<br>G/F & D/F (V) | Vegan Sausage: 9<br>G/F & D/F (V)                                                                                             |
| Served with                                                                                          |                                            |                                                           |                                                        |                                                                                                                               |
| Carrots, Broccoli  | Wedges<br>Baked Beans, Sweetcorn           | Roast Potatoes<br>Carrots, Cabbage                        | Herb Diced Potatoes<br>Green Beans, Peas               | Chips<br>Baked Beans, Peas                                                                                                    |
| Jacket Potato                                                                                        |                                            |                                                           |                                                        |                                                                                                                               |
| Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                                                              | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2    | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                   | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2  |
| Pudding                                                                                              |                                            |                                                           |                                                        |                                                                                                                               |
| Chocolate Mousse: 9<br>G/F & D/F (V)                                                                 | Fruit Jelly<br>G/F & D/F (V)               | Apple Sponge: 3<br>G/F & D/F                              | Cookie: 11<br>G/F & D/F (V)                            | Vanilla Pudding: 2<br>G/F & D/F (V)                                                                                           |

## Week 3

|                                                                                  |        |                                            |           |                                         |        |                                                                                     |                                                             |                                                                                       |
|----------------------------------------------------------------------------------|--------|--------------------------------------------|-----------|-----------------------------------------|--------|-------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | Monday | Tuesday                                    | Wednesday | Thursday                                | Friday |  |                                                             |                                                                                       |
| Main                                                                             |        |                                            |           |                                         |        |                                                                                     |                                                             |                                                                                       |
| Brunch<br>Sausage, Mushrooms :9<br>G/F & D/F (V)                                 |        | Cheese & Tomato Pizza: 11<br>G/F & D/F (V) |           | Roast Chicken with Gravy:<br>G/F & D/F  |        | Beef Bolognaise<br>G/F & D/F                                                        | Fish Fingers (Vegan<br>available on pre-order)<br>G/F & D/F |                                                                                       |
| Vegetarian Main                                                                  |        |                                            |           |                                         |        |                                                                                     |                                                             |                                                                                       |
| Potato, Cheese & Onion<br>Pie:11<br>G/F & D/F (V)                                |        | Vegetable Bolognese 11<br>G/F & D/F (V)    |           | Ratatouille:11<br>G/F & D/F (V)         |        | Quorn fajita :11<br>G/F & D/F (V)                                                   | Bean Chilli:11<br>G/F & D/F (V)                             |                                                                                       |
| Served with                                                                      |        |                                            |           |                                         |        |                                                                                     |                                                             |                                                                                       |
| Hash Brown<br>Baked Beans, Mushrooms                                             |        | Wedges<br>Sweetcorn / Peas                 |           | Roast Potatoes<br>Carrots, Broccoli     |        | Pasta<br>Broccoli, Green Beans                                                      | Chips<br>Baked Beans, Peas                                  |                                                                                       |
| Jacket Potato                                                                    |        |                                            |           |                                         |        |                                                                                     |                                                             |                                                                                       |
| Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                                          |        | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2    |           | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2 |        | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                                             | Tuna Mayo 4,3,7<br>Beans (V) / Cheese 2                     |                                                                                       |
| Pudding                                                                          |        |                                            |           |                                         |        |                                                                                     |                                                             |                                                                                       |
| Fruit Crumble: 11<br>G/F & D/F (V)                                               |        | Chocolate Mousse: 9<br>G/F & D/F (V)       |           | Chocolate Chip Sponge:3<br>G/F & D/F    |        | Cookie: 11<br>G/F & D/F (V)                                                         | Fruit Salad:11<br>G/F & D/F (V)                             |  |

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