

Your School Lunch

Let's Eat
• TOGETHER •

Gluten Free

WEEK ONE 21st April, 12th May, 9th June, 30th June, 21st July, 1st Sept, 22nd Sept, 13th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita GF Pizza (Cheese & Tomato) (V, EF)	Creamy Garlic Chicken with GF Pasta (EF)	GF Pork Sausages & Gravy (EF)	Chicken & Leeks (EF, GF, DF) with New Potatoes	GF Fish Fingers (DF, EF)
Spinach & Pepper GF Pasta (VG)	GF/DF Mac 'n' Cheese (V, EF)	GF Rainbow Pasta Salad (VG)	Sweet Potato & Chickpea Curry (V, GF, EF) with Rice	Baked Jacket Potato with Cheese (V, GF, EF)
Sweetcorn & Baked Beans	Oven Baked Jacket Potato with Baked Beans (VG, GF)	Mashed Potatoes, Curly Cabbage & Green Beans	Baked Jacket Potato with Cheese (V, GF, EF)	Chips Peas & Baked Beans
GF Shortbread (V, EF, DF) with an Orange Wedge	Carrots & Peas	Fruit Salad	Broccoli & Sweetcorn Strawberry Jelly (V, GF, DF, EF) with Peaches	Iced Fruit Smoothie (V, GF, EF, DF)

WEEK TWO 28th April, 19th May, 16th June, 7th July, 8th Sept, 29th Sept, 20th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Margherita Pizza (Cheese & Tomato) (V, EF)	GF Beef Bolognese (DF, EF)	Roast Chicken Breast (GF, DF, EF)	Sticky BBQ Pork (GF, EF, DF) with Rice	GF Fish Fingers (DF, EF)
Cheese & Potato Pie (V, GF)	Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)	Vegetarian Quorn Roast (V, GF)	Baked Jacket Potato with Cheese & Coleslaw (V, GF, EF)	Baked Jacket Potato with Cheese (V, GF, EF)
Peas & Baked Beans	Pasta, Sweetcorn & Broccoli	Roast Potatoes & Gravy Carrots & Cauliflower	Peas & Green Beans	Chips Peas & Baked Beans
GF Shortbread (V, EF, DF) with an Orange Wedge	GF Yogurt & Pineapple	GF Cookie (V, EF)	Fruit Salad	Iced Fruit Smoothie (V, GF, EF, DF)

WEEK THREE 5th May, 2nd June, 23rd June, 14th July, 15th Sept, 6th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Margherita Pizza (Cheese & Tomato) (V, EF)	Chicken Korma (GF, EF) with Rice	Roast Loin of Pork (GF, DF, EF)	British Beef Burger in a GF Bun (DF, EF)	GF Fish Fingers (DF, EF)
Bean & Vegetable Chilli with Rice (VG, GF)	Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)	Vegetarian Quorn Roast (V, GF)	Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)	Baked Jacket Potato with Cheese (V, GF, EF)
Sweetcorn & Baked Beans	Broccoli & Vegetable Medley	Tuna & Cucumber Pasta Salad (DF, EF)	Potato Wedges, Sweetcorn & Green Beans	Chips Peas & Baked Beans
GF Cookie (V, EF)	Fruit Salad	Roast Potatoes & Yorkshire Pudding with Gravy	GF Shortbread (V, EF, DF) with Melon	Vanilla Ice Cream (V, GF, EF) with Mandarins
		Savoy Cabbage & Carrots		
		Yogurt and Raisins		

Available daily – Natural yogurt, fresh fruit, fresh bread, salad bar and lots of fresh water!

Allergy advice - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.

KEY:
V VEGETARIAN
VG VEGAN

EF EGG FREE
DF DAIRY FREE
GF GLUTEN FREE



OXFORDSHIRE
COUNTY COUNCIL