

Gluten & Milk Free

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten-Free Tortilla Pizza (DF Cheese) with Jacket Wedges	Golden Coconut Chicken Curry with Rice	Roast of the Day with Roasties & Gravy	Sausage with Mash & Gravy	Gluten Free Fish Fingers with Chips
Veggie Main	Rainbow Gluten-Free Tortilla Pizza (DF Cheese) with Jacket Wedges	Choose from lighter options	Veggie Sausage with Roasties	Plantastic Balls with Mash & Gravy	Garden Vegetable Goujons with Chips
Lighter Options*	Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Homemade Hero Gluten-Free Pasta Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Roll/Wrap Tomato Soup with a Dairy-Free Cheese Gluten-Free Roll/Wrap				
Veggies	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
Sweet Treat*	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert	Fruity Jelly	Fresh Fruit or Substitute Dessert	Chocolate Brownie
	Fresh Fruit				

Homemade Bread/Fresh 50:50 Bread is not suitable.

Please contact your school directly for details on how to order from your special menu

*Options vary between schools. Please see your school's menu for available daily choices. The special diets team have no control over what options are offered.

Red writing is a note to the cook highlighting any necessary menu/recipe adaptations.

Items listed above are all appropriate for this special menu. Unfortunately, it is not always possible to offer a choice of main course or dessert, however, pupil safety is our priority.

Menus may change due to unforeseen operational reasons; these are out of our control.

Our allergen information is sourced directly from our suppliers and food manufacturers.

Whilst every effort is taken to ensure that this adapted menu is correct, it is the responsibility of parents/carers to review it and contact specialdiets@edwardsandward.co.uk if any issues are suspected.

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten-Free Tortilla Pizza (DF Cheese) with Jacket Wedges		Roast of the Day with Roasties & Gravy	Chicken Stir-Fry Rice (no soy sauce)	Gluten Free Fish Fingers with Chips
Veggie Main	Rainbow Gluten-Free Tortilla Pizza (DF Cheese) with Jacket Wedges	Gluten-Free Pasta with Garden Bolognese	Butternut Squash Hot Pot with Roasties	Vegetable Stir-Fry (no soy sauce)	Garden Vegetable Goujons with Chips
Lighter Options*	Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Homemade Hero Gluten-Free Pasta Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Roll/Wrap Tomato Soup with a Dairy-Free Cheese Gluten-Free Roll/Wrap				
Veggies	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
Sweet Treat*	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert	Fruity Jelly	Fresh Fruit or Substitute Dessert	Chocolate Brownie
	Fresh Fruit				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten-Free Tortilla Pizza (DF Cheese) with Jacket Wedges	Sausage with Mash & Gravy	Roast of the Day with Roasties & Gravy	Gluten-Free Pasta with Beef Bolognese	Gluten Free Fish Fingers with Chips
Veggie Main	Rainbow Gluten-Free Tortilla Pizza (DF Cheese) with Jacket Wedges	Garden Sausage with Mash & Gravy	Veggie Sausages with Roasties	Sunshine Sweet Potato Curry with Rice	Garden Vegetable Goujons with Chips
Lighter Options*	Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Homemade Hero Gluten-Free Pasta Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Roll/Wrap Tomato Soup with a Dairy-Free Cheese Gluten-Free Roll/Wrap				
Veggies	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
Sweet Treat*	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert	Fruity Jelly	Fresh Fruit or Substitute Dessert	Chocolate Brownie
	Fresh Fruit				

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