

<div><div><div><div><div></div><div>whole</div><div>SCHOOL</div><div>meals</div></div><div>REAL FOOD FOR REAL ENERGY</div></div></div></div>		Dairy & Gluten Free Menu - October 2025 - March 2026		
		Week One	Week Two	Week Three
		27/10, 17/11, 08/12, 09/01, 26/01, 23/02, 16/03	03/11, 24/11, 12/01, 02/02, 02/03, 23/03	10/11, 01/12, 19/01, 09/03, 30/03
Monday	Option 1	Vegetable Pasta Bake (GF Pasta) 	Mixed Bean Pasta Bake (GF pasta) 	Tomato Pasta (GF Pasta) 
	served with	Mixed Vegetables	Peas & Sweetcorn	Mixed Vegetables
	Option 3	Jacket Potato with Beans 	Jacket Potato with Beans 	Jacket Potato with Beans 
	Dessert	Fresh Fruit Salad  Fruit Jelly or Fresh Fruit 	Fresh Fruit Salad  Fruit Jelly or Fresh Fruit 	Fresh Fruit Salad  Fruit Jelly or Fresh Fruit 
Tuesday	Option 1	Mexican Beef	Spicy Chicken	Mexican Beef Pasta Bake (GF Pasta)
	Option 2		Sweet Potato & Spinach Dhal 	
	served with	Vegetable Rice Carrots & Green Beans	Savoury Rice Broccoli & Mixed Vegetables	Carrots & Peas
	Option 3	Jacket Potato with Beans 	Jacket Potato with Beans 	Jacket Potato with Beans 
Wednesday	Dessert	GF Cake  Fruit Jelly or Fresh Fruit 	GF Cake  Fruit Jelly or Fresh Fruit 	GF Cookie  Fruit Jelly or Fresh Fruit 
	Option 1	Roast Chicken & Gravy	Roast Pork & Gravy	GF Sausages & Gravy
	Option 2			
	served with	Rustic Roasties Cabbage & Sweetcorn	Rustic Roasties Swede & Peas	Mashed Potato Sweetcorn & Baked Beans
Thursday	Option 3	Jacket Potato with Beans 	Jacket Potato with Beans 	Jacket Potato with Beans 
	Dessert	GF Cookie  Fruit Jelly or Fresh Fruit 	GF Cookie  Fruit Jelly or Fresh Fruit 	GF Cookie  Fruit Jelly or Fresh Fruit 
	Option 1	Pork Meatballs (omit stuffing)	Beef Bolognese	Curried Chicken Chunks
	Option 2			Vegetable Frittata 
Friday	served with	GF Pasta Broccoli & Carrots	GF Pasta Carrots & Sweetcorn	Rainbow Rice Cauliflower & Peas
	Option 3	Jacket Potato with Beans 	Jacket Potato with Beans 	Jacket Potato with Beans 
	Dessert	GF Cake  Fruit Jelly or Fresh Fruit 	GF Cake  Fruit Jelly or Fresh Fruit 	GF Cake  Fruit Jelly or Fresh Fruit 
	Option 1	GF Fish Fingers 	GF Fish Fingers 	GF Fish Fingers 
	Option 2			
	served with	Skin on Fries Baked Beans & Sweetcorn	Skin on Fries Baked Beans & Peas	Skin on Fries Peas & Sweetcorn
	Option 3	Jacket Potato with Beans 	Jacket Potato with Beans 	Jacket Potato with Beans 
	Dessert	GF Cookie  Fruit Jelly or Fresh Fruit	GF Cookie  Fruit Jelly or Fresh Fruit	GF Cookie  Fruit Jelly or Fresh Fruit
<div><div><div><div></div><div>VEGETARIAN</div></div><div><div></div><div>VEGAN</div></div><div><div></div><div></div></div></div></div> <div>Suitable for Vegetarians</div>		All items are subject to availability		
		All Items with * can be made Vegan Friendly		
		<a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a>		
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