

whole school meals REAL FOOD FOR REAL ENERGY		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	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 Cookie  Fruit Jelly or Fresh Fruit 	
	Option 1	Roast Chicken & Gravy		Roast Pork & Gravy		GF Sausages & Gravy	
	Option 2						
Thursday	served with	Rustic Roasties Cabbage & Sweetcorn		Rustic Roasties Swede & Peas		Mashed Potato Sweetcorn & Baked Beans	
	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	
Friday	Option 2					Vegetable Frittata 	
	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	
	Suitable for Vegetarians		All items are subject to availability				
	 Suitable for Vegans & Vegetarians		All Items with * can be made Vegan Friendly				
	 Contains Fish		www.wholeschoolmeals.co.uk				
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