



GLUTEN FREE & DAIRY FREE MENU

Chellaston Junior School



SCHOOL DINNERS WEEK 1



Week commencing 28/03 – 09/05 – 13/06 – 11/07



| DAY | MAIN MEALS | SIDE DISHES | DESSERT OF THE DAY |
|------------------|---------------------------|---|-------------------------------|
| Monday | Pizza (meat or meat free) | Potato wedges, Coleslaw Peas & Sweetcorn | Lemon Drizzle Cake |
| Tuesday | Chilli Con Carne | Basmati Rice & Garden Peas | Jelly & Dairy Free ice cream |
| Wednesday | Roast Gammon | Roast Potatoes, Seasonal Veg Gravy | GF Summer fruit Muffin (E) |
| Thursday | GF Chicken Bites | Chips, Peas & Baked Beans | Cookie |
| Friday | Fish Fillet (F) | Mash Potatoes & Mushy Peas | Chocolate Muffin (E) |

Also Available are our Salad Bar, Fresh Fruit & Jacket Potatoes
All menus subject to change



CELERY (C) CRUSTACEANS(CR) EGGS(E) FISH (F) GLUTEN (G) LUPIN (L) MILK (M) NUTS(N)
MOLLUSCS(MU) PEANUTS (P) SESAME (SE) SOYBEANS(S) SULPHITES(SU)

