



GLUTEN FREE & DAIRY FREE MENU

Chellaston Junior School



★ SUMMER MENU WEEK 3 ★



Week commencing 25/04 – 23/05 – 27/06

DAY	MAIN MEALS	SIDE DISHES	DESSERT OF THE DAY
Monday	Sausage	Potato Wedges, Garden Peas Baked Beans	Fruit Salad
Tuesday	Tandoori Chicken	Veg Rice, Salad & Sweetcorn	Ice Cream
Wednesday	Roast Pork	Roast Potatoes, Veg & Gravy	Cookie (E)
Thursday	Homemade Pie	Steamed Potatoes & Mixed Veg	Lemon Drizzle Cake (E)
Friday	Fish Cake (F)	Chunky Chips & Peas	Banana Muffin (E)
FRESH SALAD, WHOLEMEAL BREAD, YOGHURTS, FRESH FRUIT & WATER AVAILABLE DAILY			



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)

