



GLUTEN FREE & DAIRY FREE MENU

Chellaston Junior School

★ SUMMER MENU WEEK 4 ★



Week commencing 02/05 – 06/06 – 04/07

DAY	MAIN MEALS	SIDE DISHES	DESSERT OF THE DAY
Monday	Chicken Bites	Potato Waffles , Side Salad Baked Beans	Iced Sponge (E)
Tuesday	Chicken Curry	Basmati Rice & Garden Peas	Fruit Salad
Wednesday	Roast Turkey	Mashed Potatoes, Veg & Gravy	Lemon Muffin (E)
Thursday	Beef Bolognaise	Fresh Pasta & Mixed Veg	Ice Cream
Friday	Fish Fingers (F)	French Fries & Mushy Peas	Cookie (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)

