Ludlow Junior School

Gluten Free Autumn 2 Menu

	WEEK 1 2nd November, 23rd November, 14th December	WEEK 2 9th November, 30th November,	WEEK 3 16th November, 7th December
Mighty Monday	Pork Sausages (GF) Vegan Chilli & Rice (V)(GF) (VG) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG)(GF) Cheese or Ham Roll (GF) Saute Potatoes, Green Beans, Salad Selection Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Chicken Curry & Rice (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Carrots, Salad Selection Mousse (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Beef Pasta Bolognaise (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) New Potatoes, Carrots, Salad Selection Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)
Tasty Tuesday Pizza Day	Pepperoni Pizza (GF) Cheese & Tomato Pizza (V) (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Potato Wedges, Sweetcorn, Salad Selection Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Pepperoni Pizza GF) Cheese & Tomato Pizza (V) (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Potato Wedges, Sweetcorn, Salad Selection, Bread Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Pepperoni Pizza GF) Cheese & Tomato Pizza (V) (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Potato Wedges, Sweetcorn, Salad Selection, Bread Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)
Wonderful Wednesday	Sweet & Sour Chicken & Rice (GF) Macaoni Cheese (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) Cheese or Ham Roll (GF) Carrots, Salad Selection Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	All Day Breakfast (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Sweetcorn, Salad Selection Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Chicken Fillet (GF) Jacket Potato with a selection of fillings (V) (VG) Tomato Pasta (V) (VG) Cheese or Ham (GF) Mash Potato, Green Beans, Gravy, Salad Selection Sweet Treat (V) (GF) Fresh Fruit, Fruit Yoghurt (V) (GF)
Thursday Roast Dinner	Roast Chicken (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Roast Potatoes, Mixed Vegetables, Gravy, Salad Selection Sweet Treat (V) Fresh Fruit, Fruit Yoghurt (V) (GF)	Roast Gammon Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Roast Potatoes, Mixed Vegetables, Gravy, Salad Selection, Sweet Treat (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Roast Chicken (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Roast Potatoes, Mixed Vegetables, Gravy, Salad Selection Sweet Treat (V) Fresh Fruit, Fruit Yoghurt (V) (GF)
Friday Favourites	Battered Fish (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham (GF) Chips, Peas, Salad Selection Ice Cream (V)(GF) Fresh Fruit, Fruit Yoghurt (V) (GF)	Pork Sausages (GF) Vegetable Stir Fry & Rice (V) (VG) (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll Chips, Peas, Salad Selection Ice Cream (V) Fresh Fruit, Fruit Yoghurt (V) (GF)	Battered Fish (GF) Jacket Potato with a selection of fillings (V) (GF) Tomato Pasta (V) (VG) Cheese or Ham Roll (GF) Chips, Peas, Salad Selection Sweet Treat (V) (GF) Fresh Fruit, Fruit Yoghurt (V) (GF)

V = Vegetarian
VG = Vegan
GF = Gluten Free

For allergen information please see the charts on our school website or for any further queries please contact the school office.