



Gluten Free - Betty Layward Primary School Lunch Menu

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|----------------------------|----------------------------------|---------------------|-------------------------|----------------------------------|
| Non – Veg Main dish | Chilli Con Carne | Tandoori Chicken & Mango Chutney | Beef Sausage | * Macaroni Pumpkin Bake | White Fish Fingers & Baked Beans |
| Veg Main dish | Vegetable Chilli Con Carne | Vegetable Curry | Veg Sausage | *Macaroni Bake | Veg Burger |
| Starchy dish | Potato Wedges | White Rice | Mashed Potatoes | | Oven Chips |
| Bread | Pitta bread | Naan Bread | Baguette | Wholemeal bread | Garlic Bread |
| Vegetable | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg |
| Jacket potato/Bagette | Jacket potato: | Jacket potato: | Jacket potato: | Jacket potato: | Jacket potato: |
| Salad | Salad bar selection | Salad bar selection | Salad bar selection | Salad bar selection | Salad bar selection |
| Dessert | Fresh fruit | Cherry Jelly | Coconut square cake | Fresh Fruit | Ice cream |
| Fruit/Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |
| Drink | Water | Water | Water | Water | Water |

* smaller gluten free dishes will be available - Gluten free cakes are available each day



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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|--------------------------------|----------------------|-------------------------|----------------------------|----------------------------|
| Non-Veg Main dish | *Cheesy Leek Pasta | Chicken fried rice | Homemade Shepherd's Pie | Lamb Curry | Breaded fish |
| Veg Main dish | *Veg Pasta Bake in cream sauce | Vegetable fried rice | Veg Shepherd pie | Quorn curry | *Vegetable Pasta bake |
| Starchy dish | Potato Wedge | Savoury Veg rice | | Rice | Potato |
| Bread | Bread | Bread roll | Bread | Naan bread | |
| Vegetable | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg |
| Jacket potato/Bagette | Jacket potato: | Jacket potato: | Jacket potato: | Jacket potato | Jacket potato: |
| Salad | Salad bar selection | Salad bar selection | Salad bar selection | Salad bar selection | Salad bar selection |
| Dessert | Peach Melba cake with custard | Fruits | Ginger Biscuits | Banana oats muffin | Fruits |
| Fruit/Yoghurt | Yoghurt | yoghurt | Yoghurt | Fruit selection or yoghurt | Fruit selection or yoghurt |
| Drink | Water | Water | Water | Water | Water |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|-----------------------|---------------------|-------------------------------|------------------------|---------------------|
| Non-Veg Main dish | Southern Bake Chicken | Beef Irish Stew | Roast Turkey & roast potatoes | Prawn Paella | Meat Pizza |
| Veg Main dish | *Quorn Chicken Pasta | Quorn Mince Stew | *Pasta in Tomato Sauce | Veggie Burger In a bun | Cheese Pizza |
| Starchy dish | Pasta | Rice | Roast Potatoes | | |
| Bread | Bread | Bread | Bread | Bread | Bread |
| Vegetable | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables |
| Jacket potato/Baguette | Jacket potato | Jacket potato | Jacket potato | Jacket potato | Jacket potato |
| Salad | Salad bar selection | Salad bar selection | Salad bar selection | Salad bar selection | Salad bar selection |
| Dessert | Blue Berry Bake | Fruit | Guana Tart | Cake & Custard | Fruit |
| Fruit/Yoghurt | Yoghurt | yoghurt | Yoghurt | Yogurt | Yoghurt |
| Drink | Water | Water | Water | Water | Water |

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