

Use Cornflour to thicken sauces and gravy
Use Fresh Herbs and Spices
*** Only gluten & Wheat free prescription bread to be used**

Primary School Menu
Autumn/Winter Menu
Week 1

WHEAT FREE DIET MENU CYCLE
OCTOBER 2013 – MARCH 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Lentil Soup Fruit Yoghurt	Vegetable Soup (not Scotch Broth) Cottage Pie with Broccoli Fruit Yoghurt	Lentil Soup Beef Burger, with Chips and Salad - no bun – (burger to be made without breadcrumbs) Rice Pudding & Fruit	Vegetarian Soup (not scotch broth) Fruit Yoghurt	Cooks choice of soup(not broth or noodles) Fruit Yoghurt
Blue	Lentil Soup Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt	Vegetable Soup (not Scotch Broth) Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt	Lentil Soup Jacket Potato with a Variety of Fillings and Side Salad Rice Pudding & Fruit	Vegetarian Soup (not scotch broth) Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt	Cooks choice of soup(not broth or noodles) Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt
Green	Lentil Soup Ham or Egg Mayo salad Fruit Yoghurt	Vegetable Soup (not Scotch Broth) Cheese or Cheese and Onion salad Fruit Yoghurt	Lentil Soup Tuna or Cheese Salad Fruit Yoghurt	Vegetarian Soup (not scotch broth) Cold Meat salad Fruit Yoghurt	Cooks choice of soup(not broth or noodles) Cheese or Cold Meat salad Fruit Yoghurt

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Week 2

WHEAT FREE DIET MENU CYCLE
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	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Vegetarian Soup (not scotch broth) Pears & Custard	Lentil Soup Meatloaf (made using pork mince and no breadcrumbs) with Baby Boiled Potatoes and Mixed Salad Fruit Yoghurt	Vegetarian Soup (not scotch broth) Beefburger with Chips & Beans (no roll, burger made without breadcrumbs) Fruit Yoghurt	Lentil Soup Chicken Pie with Roast Potatoes & Seasonal Vegetables (Sauce made with cornflour + no pastry) Fruit Yoghurt	Cooks choice of soup(not broth or noodle) Fruit Yoghurt
Blue	Vegetarian Soup (not scotch broth) Jacket Potato with a Variety of Fillings and Side Salad Pears & Custard	Lentil Soup Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt	Vegetarian Soup (not scotch broth) Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt	Lentil Soup Jacket Potato with a Variety of Fillings and Side Salad Fruit Yoghurt	Cooks choice of soup(not broth or noodle) Jacket Potato with A Variety of Fillings and Side Salad Fruit Yoghurt
Green	Vegetarian Soup (not scotch broth) Tuna or Cheese Salad Pears & Custard	Lentil Soup Cheese or Cheese & Ham salad Fruit Yoghurt	Vegetarian Soup (not scotch broth) Beefburger Roll *(made without breadcrumbs use a GF and WF roll) Fruit Yoghurt	Lentil Soup Cheese or Cheese & Ham salad Fruit Yoghurt	Cooks choice of soup(not broth or noodle) Turkey or Egg salad Fruit Yoghurt

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WHEAT FREE DIET MENU CYCLE
OCTOBER-MARCH 2014

Primary School Menu
Autumn/Winter Menu
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Lentil Soup Chicken Korma & Rice no naan Fruit Yoghurt	Vegetarian Soup (not Scotch Broth) Fruit Yoghurt	Cooks choice of soup(not broth or noodles) Cold Ham with Chips & Peas Rice Pudding & Fruit	Split Pea Soup Fruit Salad	Lentil Soup Steak Pie Mix (no pastry), Mashed Potatoes & Mixed Vegetables Fruit & Custard
Blue	Lentil Soup Jacket Potato with a Variety of Fillings with Side Salad Fruit Yoghurt	Vegetarian Soup (not Scotch Broth) Jacket Potato with a Variety of Fillings with Side Salad Fruit Yoghurt	Cooks choice of soup(not broth or noodles) Jacket Potato with a Variety of Fillings with Side Salad Rice Pudding & Fruit	Split Pea Soup Jacket Potato with a Variety of Fillings with Side Salad Fruit Salad	Lentil Soup Jacket Potato with a Variety of Fillings with Side Salad Fruit & Custard
Green	Lentil Soup Fruit Yoghurt	Vegetarian Soup (not Scotch Broth) Cheese or Egg Salad Fruit Yoghurt	Cooks choice of soup(not broth or noodles) Ham Salad or Cheese Salad Rice Pudding & Fruit	Split Pea Soup Cold Meat or Tuna salad Fruit Salad	Lentil Soup Cheese or Tuna salad Fruit & Custard

