

Your School Lunch

Let's Eat
• TOGETHER •

Gluten & Dairy Free Menu

WEEK ONE 13th April, 4th May, 1st June, 22nd June, 13th July, 31st Aug, 2nd Sept, 21st Sept, 12th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Margherita Pizza (Vegan Cheese & Tomato) (VG, EF)	Beef Bolognese (EF, DF)	Roast Chicken Breast (GF, DF, EF)	Chicken pieces in a tomato sauce with rice (DF)	GF Battered fish (EF, DF)
Vegetable & Bean Chilli with Rice (VG)	Veggie Bolognese (VG)	Veggie Sausage (VG, GF)	Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Veggie Sausage (VG)
Egg Mayo GF Bap (V, DF)	Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Tuna & Cucumber GF Pasta Salad (EF, DF)	Carrots & Sweetcorn	Tuna Mayo GF Wrap with Lettuce (EF, DF)
Sweetcorn or Baked Beans	GF Pasta Carrots & Green Beans	Roast Potatoes & Gravy Cauliflower & Peas	Fresh Fruit	Chips or GF Pasta
Fresh Fruit	Fresh Fruit	Strawberry Jelly (V, DF, EF) with Peaches		Peas or Baked Beans
				Strawberry Jelly (V, GF, EF) with Pineapple

WEEK TWO 20th April, 11th May, 8th June, 29th June, 20th July, 7th Sept, 28th Sept, 19th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Margherita Pizza (Vegan Cheese & Tomato) (V, EF)	Meatballs in a Tomato Sauce (GF, DF, EF)	Roast Loin of Pork (GF, DF, EF)	Chicken pieces in a tomato sauce with rice (DF)	GF Battered fish (EF, DF)
Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Veggie Meatballs in a Tomato Sauce (VG, GF)	Veggie Sausage (VG, GF)	Veggie Sausage GF Pasta Bake with vegan cheese topping (V, EF)	Veggie Sausage (VG)
Sweetcorn or Baked Beans	Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Vegan Cheese & Tomato GF Bap (V, EF)	Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Egg Mayo & Lettuce GF Wrap (V, DF)
Fresh Fruit	GF Pasta Peas & Broccoli Fresh Fruit	Roast Potatoes & Gravy Carrots & Cabbage	Peas & Green Beans Fresh Fruit	French Fries or GF Pasta Baked Beans or Sweetcorn
		Strawberry Jelly with an Orange Wedge		Strawberry Jelly (V, GF, EF) with Melon

WEEK THREE 27th April, 18th May, 15th June, 6th July, 14th Sept, 5th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Margherita Pizza (Vegan Cheese & Tomato) (V, EF)	Chicken & Leeks with New Potatoes (DF, EF)	Roast Gammon (GF, EF, DF)	GF Pork Sausage (DF, EF)	GF Battered fish (EF, DF)
Spinach & Pepper GF Pasta (VG)	Sweet & Sour Vegetables with rice (V, DF)	Veggie Sausage (VG, GF)	Veggie Sausage (VG, GF)	Veggie Sausage (VG)
Vegan Cheese & Cucumber GF Bap (V, EF)	Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Tuna & Sweetcorn GF Wrap (DF, EF)	Jacket Potato with Vegan Cheese (V, GF, EF) or Baked Beans (VG, GF)	Veggie GF Pasta Salad (VG)
Sweetcorn or Baked Beans	Vegetable Medley & Broccoli	Roast Potatoes & Gravy Savoy Cabbage & Peas	New Potatoes & Gravy Carrots & Cauliflower	Chips or GF Pasta Peas or Baked Beans
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Strawberry Jelly (V, GF, DF, EF) with Peaches

Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice – All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.

KEY:
V VEGETARIAN
VG VEGAN

EF EGG FREE
DF DAIRY FREE
GF GLUTEN FREE



OXFORDSHIRE
COUNTY COUNCIL