

Balcarras School
Week 1
(Gluten Free Options in Green)

Monday

Chilli Con Carne
with Rice & Nachos
(Nachos Contain Gluten)

Pasta with Tomato &
Basil Sauce
(Contains Gluten)

Jacket Potato with
Tuna Mayo
(Contains Fish & Eggs)

Mixed Vegetables
Mixed Salad

Apple Crumble &
Custard
(Contains Gluten & Milk)

Tuesday

Chicken Hot Pot

Pasta with Fresh Herbs,
Feta Cheese & Olives
(Contains Gluten & Milk)

Chicken Burger
(Contains Gluten)

Peas
Mixed Salad

Chocolate Sponge &
Chocolate Sauce
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Balti with Rice
& Naan Bread
(Naan Contains Gluten)

Tomato Pasta Bake
(Contains Gluten & Milk)

Jacket Potato with
Cheese & Beans
(Contains Milk)

Sweetcorn
Mixed Salad

Chocolate Brownie
& Custard
(Contains Gluten, Egg & Milk)

Thursday

Roast Chicken with
Stuffing & Roast
Potatoes & Gravy
(Stuffing Contains Gluten)

Macaroni Cheese
(Contains Gluten & Milk)

Jacket Potato & Chilli

Carrots & Broccoli
Mixed Salad

Bakewell Tart &
Custard
(Contains Gluten, Egg & Milk)

Friday

Fillet of Fish & Chips
(Contains Gluten & Fish)

Vegetable Curried Rice

Cheese Burger
(Contains Gluten & Milk)

Garden & Mushy Peas
Baked Beans

Fruity Flapjack
& Custard
(Contains Milk)

Balcarras Menu
Week 2
(Gluten Free Options in Green)

Monday

Pasta Bolognese
& Garlic Bread
(Contains Gluten)

Vegetable & Potato Bake

Jacket Potato with
Tuna Mayo
(Contains Fish & Eggs)

Peas
Mixed Salad

Apple & Cherry Crumble
& Custard
(Contains Gluten & Milk)

Tuesday

Hunters Chicken Bake
& Spicy Wedges
(Contains Gluten & Milk)

Pasta with Sun Dried
Tomato, Fresh Herbs &
Feta Cheese
(Contains Gluten & Milk)

Savoury Rice

Sweetcorn
Mixed Salad

Treacle Sponge
& Custard
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Tikka with Rice
& Naan Bread
(Naan Bread Contains Gluten)

Mediterranean Pasta
Bake
(Contains Gluten & Milk)

Jacket Potato with
cheese & beans
(Contains Gluten & Milk)

Mixed Vegetables
Mixed Salad

Shortbread & Custard
(Contains Gluten, Egg & Milk)

Thursday

Roast Gammon with
Stuffing, Roast Potatoes
& Gravy
(Stuffing Contains Gluten)

Macaroni Cheese
(Contains Gluten & Milk)

Chicken Burger
(Contains Gluten)

Carrots & Cabbage
Mixed Salad

Apple Strudel & Custard
(Contains Gluten, Egg & Milk)

Friday

Fillet of Fish & Chips
(Contains Gluten & Fish)

Vegetable Curry & Rice

Sausage Roll
(Contains Gluten)

Garden & Mushy Peas
Baked Beans

Chocolate Crunch &
Custard
(Contains Gluten, Egg & Milk)

Balcarras Menu
Week 3
(Gluten Free Options in Green)

Monday

Sausage & Mash
(Contains milk)

Pasta with Sun Dried
Tomatoes, Garlic &
Fresh Herbs
(Contains Gluten)

Jacket Potato with
Tuna Mayo
(Contains Fish & Eggs)

Peas
Mixed Salad

Summer Fruit Crumble
& Custard
(Contains Gluten & Milk)

Tuesday

Cottage Pie

Pasta with Fresh Herbs,
Feta Cheese & Black
Olives
(Contains Gluten & Milk)

Chicken Burger

Carrots & Broccoli
Mixed Salad

Jam Sponge & Custard
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Madras with
Rice & Naan Bread
(Naan Bread Contains Gluten)

Tomato Pasta Bake
(Contains Gluten, & Milk)

Jacket Potato with
Cheese & Beans

Sweetcorn
Mixed Salad

Strawberry Shortbread
& Custard
(Contains Gluten, Egg & Milk)

Thursday

Roast Chicken with
Yorkshire, Roast
Potatoes & Gravy
(Yorkshire Contains Gluten, Milk
& Egg)
Macaroni Cheese
(Contains Gluten)

Beef Burger

Carrots & Green Beans
Mixed Salad

Eves Pudding &
Custard
(Contains Gluten, Egg & Milk)

Friday

Oven Baked Fillet of
Fish & Chips
(Contains Gluten)

Vegetable Burger &
Chips
(Contains Gluten)

Beef & Vegetable Pasty

Garden & Mushy Peas
Baked Beans

Chocolate Brownie &
Custard
(Contains Gluten, Egg & Milk)

