

Balcarras School
Menu Week 1

(Gluten Free in Green Vegan in Purple GF & Vegan in Blue)

Monday

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

Pasta with Tomato &
Basil Sauce
(Contains Gluten)

Cheddar, Red Pepper &
Chive Quiche with Spicy
Potatoes
(Contains Gluten, Egg & Milk)

Garden Peas
Mixed Salad

Apple Crumble &
Custard
(Contains Gluten & Milk)

Tuesday

Chicken fajitas
& New Potatoes

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

Vegetable & Spinach
Curry & Rice

Broccoli
Mixed Salad

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

Wednesday

Red Thai Chicken Curry
with Rice & Naan Bread
(Naan Contains Gluten)

Tomato Pasta Bake
(Contains Gluten & Milk)

Vegan Roasted Veg Tart
with Parsley Potatoes
(Contains Gluten & Soya)

Sweetcorn
Mixed Salad

Bread & Butter Pudding
& Custard
(Contains Gluten & Milk)

Thursday

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

Pasta Carbonara
(Contains Gluten & Milk)

Chickpea & Vegetable
Pie
(Contains Gluten)

Baton Carrots & Peas
Mixed Salad

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

Friday

Fillet of Fish & Chips
(Contains Gluten)

Vegetable Biryani

Cajun Chicken

Garden & Mushy Peas
Baked Beans

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

Balcarras School
Menu Week 2

(Gluten Free in Green Vegan in Purple GF & Vegan in Blue)

Monday

Pasta Bolognaise
& Garlic Bread
(Contains Gluten)

Vegetable & Potato Bake

Cheese & Onion Flan
& Spicy Wedges
(Contains Gluten, Egg & Milk)

Peas
Mixed Salad

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

Tuesday

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

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

5 Bean & Vegetable
Chili & Rice

Sweetcorn
Mixed Salad

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

Wednesday

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

Mediterranean Pasta
Bake
(Contains Gluten & Milk)

Vegetable Hot Pot

Mixed Vegetables
Mixed Salad

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

Thursday

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

Macaroni Cheese
(Contains Gluten & Milk)

Vegetable Caribbean
Curry with Rice

Carrots & Broccoli
Mixed Salad

Apple Pie
& Custard
(Contains Gluten & Milk)

Friday

Fillet of Fish & Chips
(Contains Gluten)

Gluten Free Pasta
Arrabiatta

Chicken Burger & Chips
(Contains Gluten)

Garden & Mushy Peas
Baked Beans

Shortbread & Custard
(Contains Gluten, Egg & Milk)

Balcarras School
Menu Week 3

(Gluten Free in Green Vegan in Purple GF & Vegan in Blue)

Monday

Chicken Hot Pot

Pasta with Basil &
Tomato Sauce
(Contains Gluten)

Red Lentil & Vegetable
Chilli

Sweetcorn
Mixed Salad

Summer Fruit Crumble
& Custard
(Contains Gluten & Milk)

Tuesday

Cottage Pie

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

Cheese Red Pepper &
Chive Quiche
(Contains Gluten, Egg & Milk)

Carrots & Broccoli
Mixed Salad

Chocolate & Vanilla
Sponge & Custard
(Contains Gluten, Egg & Milk)

Wednesday

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

Tuna Pasta Bake
(Contains Gluten, Fish & Milk)

Chickpea & Roasted
Vegetable Tart
& New Potatoes
(Contains Gluten)

Peas
Mixed Salad

Strawberry Shortbread
& Ice Cream
(Contains Gluten, Egg & Milk)

Thursday

Roast Beef with
Yorkshire, Roast
Potatoes & Gravy
(Yorkshire Contains Gluten, Milk
& Egg)

Pasta Carbonara
(Contains Gluten & Milk)

Curried Rice &
Vegetable Stuffed
Peppers

Carrots & Cabbage
Mixed Salad

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

Friday

Oven Baked Fillet of
Fish & Chips
(Contains Gluten)

Savoury Rice

BBQ Chicken

Baked Beans
Garden & Mushy Peas

Ginger Bread & Ice
Cream
(Contains Gluten, Egg & Milk)

Balcarras School
Menu Week 4

(Gluten Free in Green Vegan in Purple GF & Vegan in Blue)

Monday

Sausages or **Gluten Free Sausages** & Onions with Mashed Potatoes
(Contains Gluten & Milk)

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

Wraps with Salmon & Stir Fried Vegetables
(Contains Fish & Gluten)

Peas
Mixed salad

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

Tuesday

Beef Lasagna & New Potatoes
(Contains Gluten & Milk)

Red Lentil & Vegetable Curry & Rice

Cheese & Onion Quiche with New Potatoes
(Contains Gluten, Egg & Milk)

Broccoli Florets
Mixed salad

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

Wednesday

Chicken Tikka with Rice & Naan Bread
(Contains Gluten)

Roasted Vegetable & Tomato Pasta Bake
(Contains Gluten & Milk)

Vegan Shepherd's Pie

Sweetcorn
Mixed Salad

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

Thursday

Roast Loin of Pork with Stuffing, Roast Potatoes and Gravy
(Stuffing Contains Gluten)

Macaroni Cheese
(Contains Gluten & Milk)

Vegetable Fajitas
(Contains Gluten)

Carrots & Green Beans
Mixed Salad

Apple Strudel & Ice Cream
(Contains Gluten & Milk)

Friday

Oven Baked Fillet of Fish & Chips
(Contains Gluten)

Mediterranean Vegetable Pasta
(Contains Gluten)

Ham & Leek Potato Pie

Garden & Mushy Peas
Baked Beans

Lemon Shortbread Custard
(Contains Gluten & Milk)