

Balcarras School

Menu Week 1

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

Monday

Ranchero Style Chili
with Basmati Rice &
Nachos
(Nachos Contain Gluten)

Penne Pasta with Tomato
& Basil Sauce
(Contains Gluten)

Three Cheese Tart with
Red Onion & Seasoned
Wedges
(Contains Gluten, Egg &
Milk)

Garden Peas
Mixed Salad

Apple Crumble & Custard
(Contains Gluten & Milk)

Tuesday

Spicy Chicken Enchiladas
& New Potatoes
(Contains Gluten & Milk)

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

Red Lentil & Vegetable
Saagwala Curry & Rice

Broccoli
Mixed Salad

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

Wednesday

Roast Chicken Breast,
Sage & Onion Stuffing,
Roast Potatoes & Gravy
(Stuffing Contains Gluten)

Pasta Arrabiata with
Bacon
(Contains Gluten)

Mediterranean Chargrilled
Vegetable Couscous
(Contains Gluten)

Baton Carrots & Peas
Mixed Salad

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

Thursday

Oven Baked Fillet of Fish
& Chips
(Contains Gluten)

Vegetable Biryani

Cajun Chicken

Garden Peas or Beans

Treacle Tart & Custard
(Contains Gluten & Milk)

Friday

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

Sun Blushed Tomato
Pasta Bake
(Contains Gluten & Milk)

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

Sweetcorn
Mixed Salad

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

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Menu Week 2

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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

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

Macaroni Cheese
(Contains Gluten & Milk)

Vegetable Caribbean Curry
with Rice

Carrots & Broccoli
Mixed Salad

Banoffee Pie
(Contains Gluten & Milk)

Thursday

Oven Baked Fillet of Fish
& Chips
(Contains Gluten)

Vegetable Risotto

Pork & leek Sausages
& Chips
(Contains Gluten)

Garden Peas & Baked
Beans

Apple Pie
& Custard
(Contains Gluten & Milk)

Friday

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

Mediterranean Pasta Bake
(Contains Gluten & Milk)

Vegetable Hot Pot

Mixed Vegetables
Mixed Salad

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

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Menu Week 3

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Chicken Hot Pot	Cumberland Pie (Contains Milk)	Roast Beef with Yorkshire, Roast Potatoes & Gravy (Yorkshire Contains Gluten, Milk & Egg)	Oven Baked Fillet of Fish & Chips (Contains Gluten)	Chicken Madras with Rice & Naan Bread (Naan Bread Contains Gluten)
Pasta with Basil & Tomato Sauce (Contains Gluten)	Pasta with Fresh Herbs, Sun Dried Tomatoes & Black Olives (Contains Gluten)	Pasta Arriabata with Bacon (Contains Gluten)	Savoury Rice	Tuna Pasta Bake (Contains Gluten, Fish & Milk)
Red Lentil & Vegetable Chili & Basmati Rice	Cheese Red Pepper & Chive Quiche (Contains Gluten, Egg & Milk)	Noodles with Black Bean Sauce & Stir-Fried Vegetables (Contains Gluten & Soy)	Chicken Burger & Chips (Contains Gluten)	Chickpea & Roasted Vegetable Tart & New Potatoes (Contains Gluten)
Sweetcorn Mixed Salad	Carrots & Broccoli Mixed Salad	Carrots & Cabbage Mixed Salad	Garden Pea or Baked Beans	Peas Mixed Salad
Summer Fruit Crumble & Custard (Contains Gluten & Milk)	Chocolate & Vanilla Sponge & Custard (Contains Gluten, Egg & Milk)	Lemon Drizzle Cake & Custard (Contains Gluten, Egg & Milk)	Apple Strudel & Ice Cream (Contains Gluten, Egg & Milk)	Gingerbread & Ice Cream (Contains Gluten, Egg & Milk)

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Menu Week 4

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Monday

Sausage Casserole &
Mashed Potato
(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

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

Red Cherry Cheesecake
(Contains Gluten, Egg &
Milk)

Thursday

Oven Baked Fillet of Fish
& Chips
(Contains Gluten)

Mediterranean Vegetable
Pasta
(Contains Gluten)

Minced Beef & Onion Pie &
Chips
(Contains Gluten)

Garden Peas or Baked
Beans

Pineapple Sponge &
Custard
(Contains Gluten & Milk)

Friday

Sweet & Sour Chicken with
Rice & Prawn Crackers
(Contains Gluten)

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

Vegan Shepherd's Pie

Sweetcorn
Mixed Salad

Lemon Shortbread Custard
(Contains Gluten, Egg &
Milk)