

## Gluten & Milk Free

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges	Pork or Chicken Sausages with Mash & Gravy	Roast of the Day with Roasties & Gravy	Gluten-Free Pasta with Beef Bolognese	MSC Gluten-Free Bubble Crumb Fish with Chips
<b>Veggie Main</b>	Beany Burrito (GF wrap) with Jacket Wedges	Veggie Sausage with Mash & Gravy	Savoury Veggie Mince with Roasties	Rainbow Vegetable Stir-Fry (no soy sauce)	Garden Vegetable Goujons with Chips
<b>Lighter Options*</b>	Classic Tomato Gluten-Free Pasta Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Tomato Soup with a Dairy-Free Cheese Gluten-Free Wrap Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Wrap				
<b>Veggies</b>	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
<b>Sweet Treat</b>	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Jelly	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Fresh Fruit/Alpro Yoghurt or Substitute Dessert

**Homemade bread is not suitable.**

### Please contact your school directly for details on how to order from your special menu

\*Options vary between schools. Please see your school's menu for available daily choices. The special diets team have no control over what options are offered.

Red writing is a note to the cook highlighting any necessary menu/recipe adaptations.

Items listed above are all appropriate for this special menu. Unfortunately, it is not always possible to offer a choice of main course or dessert, however, pupil safety is our priority.

Menus may change due to unforeseen operational reasons; these are out of our control.

Our allergen information is sourced directly from our suppliers and food manufacturers.

Whilst every effort is taken to ensure that this adapted menu is correct, it is the responsibility of parents/carers to review it and contact [specialdiets@edwardsandward.co.uk](mailto:specialdiets@edwardsandward.co.uk) if any issues are suspected.

## Gluten &amp; Milk Free

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges	Cottage Pie	Roast of the Day with Roasties & Gravy	Chicken Korma with Rice	MSC Gluten-Free Bubble Crumb Fish with Chips
<b>Veggie Main</b>	Deep Filled Jacket with Veggie Bolognese	Veggie Sausage with Mash & Gravy			Garden Vegetable Goujons with Chips
<b>Lighter Options*</b>	Classic Tomato Gluten-Free Pasta Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Tomato Soup with a Dairy-Free Cheese Gluten-Free Wrap Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Wrap				
<b>Veggies</b>	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
<b>Sweet Treat</b>	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Jelly	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Fresh Fruit/Alpro Yoghurt or Substitute Dessert

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## Gluten & Milk Free

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges		Roast of the Day with Roasties & Gravy	Gluten-Free Pasta with Beef Bolognese	MSC Gluten-Free Bubble Crumb Fish with Chips
<b>Veggie Main</b>	Vegetable Fried Rice	Choose from lighter options	Veggie Sausage with Roasties & Gravy	Gluten-Free Pasta with Vegetable Bolognese	Garden Vegetable Goujons with Chips
<b>Lighter Options*</b>	Classic Tomato <b>Gluten-Free Pasta</b> Jacket Potato with Tuna Mayo or Baked Beans and/or <b>Dairy-Free Cheese</b> Tomato Soup with a <b>Dairy-Free Cheese Gluten-Free Wrap</b> Tuna Mayo, Egg Mayo, <b>Dairy-Free Cheese</b> or Ham <b>Gluten-Free Wrap</b>				
<b>Veggies</b>	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
<b>Sweet Treat</b>	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Jelly	Fresh Fruit/Alpro Yoghurt or Substitute Dessert	Fresh Fruit/Alpro Yoghurt or Substitute Dessert

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