

ALLERGEN AWARE MENUS - FIRSIDE JUNIOR



NON GLUTEN



Acceptable Jacket Potato Fillings:

1. Cheese
2. Baked Beans
3. Cheese and Baked Beans



Acceptable Desserts:

1. Ice Cream
2. AA Shortbread
3. Jelly
4. Fresh Fruit
5. AA Cakes and Muffins



Acceptable Accompaniments:

1. GF Pasta
2. GF Pasta Salad
3. Steamed Rice



Non-Fish School

Week One

Monday

Margherita GF Pizza (v)
with Potato Wedges

*Jacket Potato with
Choice of Fillings*

served with Sweetcorn

Homemade Cupcake

Tuesday

Pork and Carrot Meatballs in
Tomato Sauce with **GF Pasta**

Italian Bean Bake (v)

*Jacket Potato with
Choice of Fillings*

served with Mixed Vegetables

Fresh Fruit Selection

Wednesday

Roast Chicken with Roast
Potatoes and Gravy

*Jacket Potato with
Choice of Fillings*

served with Peas
and Carrots

Homemade Berry Muffin

Thursday

Sticky Chicken
with Savoury Rice

*Jacket Potato with
Choice of Fillings*

served with Mixed Salad

Vanilla Ice Cream

Friday

**GF Sausage or
Garden Vegetable
Goujons (v)** with Chips

*Jacket Potato with
Choice of Fillings*

served with Peas **or** Beans

Homemade Shortbread
with Orange Wedges

Week One: 17 Apr | 8 May | 5 Jun | 26 June | 17 Jul | 18 Sept | 9 Oct

Week Two

Monday

Margherita GF Pizza (v)
with **Tomato GF Pasta Salad**

*Jacket Potato with
Choice of Fillings*

served with Vegetable Sticks

Fruit Yogurt

Tuesday

Beef Bolognese **or**
Vegemince Bolognese (v)
with **GF Pasta**

*Jacket Potato with
Choice of Fillings*

served with Peas
and Sweetcorn

Homemade Cupcake

Wednesday

GF Sausage with
Mashed Potatoes and Gravy

*Jacket Potato with
Choice of Fillings*

served with Mixed Vegetables

Fresh Fruit Selection

Thursday

Chicken Fajita with
Homemade GF Flatbread
with Savoury Rice

*Jacket Potato with
Choice of Fillings*

served with Mixed Salad

Iced Fruit Smoothie

Friday

**Chicken Breast or
Garden Vegetable
Goujons (v)** with Chips

*Jacket Potato with
Choice of Fillings*

served with Peas **or** Beans

Homemade Shortbread
with Apple Wedges

Week Two: 24 Apr | 15 May | 12 Jun | 3 Jul | 4 Sept | 25 Sept | 16 Oct

Week Three

Monday

Margherita GF Pizza (v)
with **Tomato GF Pasta Salad**

*Jacket Potato with
Choice of Fillings*

served with Sweetcorn

Homemade Cupcake

Tuesday

GF Sausage in a
Homemade GF Roll
with Potato Wedges

*Jacket Potato with
Choice of Fillings*

served with Baked Beans

Fresh Fruit Selection

Wednesday

Roast Chicken with Roast
Potatoes and Gravy
Cheese and Potato Pie (v)

*Jacket Potato with
Choice of Fillings*

served with Carrots
and Green Beans

Homemade Shortbread

Thursday

BBQ Chicken
and Steamed Rice

*Jacket Potato with
Choice of Fillings*

served with Mixed Salad

Strawberry Mousse

Friday

**Beefburger or Garden
Vegetable Goujons (v)**
with Chips

*Jacket Potato with
Choice of Fillings*

served with Peas **or** Beans

Chewy Krispie Bar
with a Melon Wedge

Week Three: 1 May | 22 May | 19 Jun | 10 Jul | 11 Sept | 2 Oct

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CATERING

Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens.