

Summer Gluten Free Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 W/C: 22/4, 13/5, 10/6, 1/7, 2/9, 23/9, 14/10	Tomato And Cheese G/F Pasta (M) New Potatoes, Red Cabbage, Greens Beans Fresh Fruit Day	Coconut Chicken Korma Steamed Rice, Peas, Roasted Mixed Vegetables Fruit Jelly	Roast Chicken With G/F Gravy Roasted Potatoes, Carrots, Cabbage Fresh Fruit Day	Cottage Pie Vegetable Cottage Pie Broccoli, Sweetcorn Yoghurt And Fresh Fruit	Gluten Free Fish Fingers (F) Chips, Baked Beans, Peas Fruit Lolly
Week 2 W/C: 29/4, 20/5, 17/6, 8/7, 9/9, 30/9, 21/10	Baked Potato With Assorted Toppings Tomato And Cheese G/F Pasta (M) Baked Potato Wedges, Green Beans, Roasted Vegetables Fresh Fruit Day	Beef Bolognese With Gluten Free Pasta Vegetable Bolognese With Gluten Free Pasta (So) Peas, Carrots Fruit Jelly	Roast Pork With Gluten Free Gravy Roast Potatoes, Broccoli, Sweetcorn Fresh Fruit Day	Sweet Potato Frittata (E,M) Herby Steamed Rice, Cauliflower, Braised Leek And Peas Fruit Meringues (E,M)	Gluten Free Fish Fingers (F) Chips, Peas, Baked Beans Ice Cream (M)
Week 3 W/C: 6/5, 3/6, 24/6, 15/7, 16/9, 7/10	Jacket Potato With Cheese Roasted New Potatoes, Peas, Cabbage Fresh Fruit Day	Chicken Stir Fry With Rice (Se) Rice, Broccoli, Sweetcorn Yoghurt And Fruit	Roast Chicken With Gluten Free Gravy Roast Potatoes, Carrots, Cauliflower Fresh Fruit Day	Beef Bolognese With Gluten Free Pasta Green Beans, Cabbage, Baked Potato Wedges Strawberry Jelly	Gluten Free Fish Fingers (F) Chips, Baked Beans, Sweetcorn Fruit Ice Lolly

Gluten free pasta available daily as well as freshly baked jacket potatoes with assorted fillings. All salads and vegetable accompaniments will be free from 14 main food allergens. We try to match menus for specific dietary requirements as closely as possible to our main menu - please speak to the chef manager at your school or email chris.carroll@golden-thread if you wish to discuss a your child's menu and we will do everything we can to help. 14 Main allergens are labelled on our menus - if your child has an allergy or intolerance outside of these - please let us know so that we can provide you with complete ingredients.

Menu Meets School Food Plan Nutritional Standards

(V) Suitable for Vegetarians, (Ve) Suitable for Vegans • Allergen key - Cereals containing Gluten (G), Molluscs (Mo), Peanuts (P), Eggs (E), Milk (M), Mustard (Mu), Sesame (Se), Crustaceans (Cr), Fish (F), Nuts (N), Soya, (So), Celery (Ce), Lupin (Lu), Sulphur dioxide (Su)
 Jacket Potatoes and Freshly cooked pasta available daily • Jacket potato fillings - Grated cheddar cheese (M), Tuna Mayonnaise (F,E), Baked Beans • Pasta toppings - Tomato and vegetable sauce, Grated cheese (M) • Fresh bread available daily (G,So) may also contain eggs and milk • Fresh salads available daily which will always be allergen free

Summer Dairy Free Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 W/c: 22/4, 13/5, 10/6, 1/7, 2/9, 23/9, 14/10	Cheese And Tomato Pizza With Dairy Free Cheese (G,Se,So) New Potatoes, Red Cabbage, Greens Beans Fresh Fruit Day	Coconut Chicken Korma Vegetable Samosa (G) Steamed Rice, Peas, Roasted Mixed Vegetables Fruit Jelly	Roast Chicken With Stuffing (G) And Gravy Roasted Potatoes, Carrots, Cabbage Fresh Fruit Day	Beef Cottage Pie Vegetable Cottage Pie (So, Ce) Broccoli, Sweetcorn Fruit Jelly	Breaded Chicken Goujons (G) Quorn Nuggets (G) Chips, Baked Beans, Peas Fruit Lolly
Week 2 W/c: 29/4, 20/5, 17/6, 8/7, 9/9, 30/9, 21/10	Chicken Sausage In A Roll (G,Su, Se, So) Quorn Sausage In A Roll (G, Se, So) Baked Potato Wedges, Green Beans, Roasted Vegetables Fresh Fruit Day	Beef Bolognese Vegetarian Bolognese (So) Steamed Pasta (G), Peas, Carrots Jam Sponge (G,E,Su)	Roast Pork Roast Potatoes, Broccoli, Sweetcorn Fresh Fruit Day	Baked Chicken Wrap (G) Herby Steamed Rice, Cauliflower, Braised Leek And Peas Fruit Jelly	Fish Fingers (G,F) Chips, Peas, Baked Beans Fruit Lolly
Week 3 W/c: 6/5, 3/6, 24/6, 15/7, 16/9, 7/10	Tomato Pasta (G) Roasted New Potatoes, Peas, Cabbage Fresh Fruit Day	Stir Fried Chicken And Vegetable Noodles (G,E,Mo) Homemade Vegetable Spring Roll (G,Lu) Rice, Broccoli, Sweetcorn Apple Flapjack (G)	Roast Chicken With Stuffing (G) Roast Potatoes, Carrots, Cauliflower Fresh Fruit Day	Beef Bolognese With Pasta (G) Green Beans, Cabbage, Baked Potato Wedges Fruit Jelly	Breaded Chicken Burger (G, Se) Crispy Veggie Burger (G,Se) Chips, Baked Beans, Sweetcorn Cherry Shortbread (G,Su)

Pasta available daily, as well as freshly baked jacket potatoes with assorted fillings. All salads and vegetable accompaniments will be free from 14 main food allergens. We try to match menus for specific dietary requirements as closely as possible to our main menu -please speak to the chef manager at your school or email chris.Carroll@golden-thread if you wish to discuss a your childs menu and we will do everything we can to help. 14 Main allergens are labelled on our menus-if your child has an allergy or intolerance outside of these -please let us know so that we can provide you with complete ingredients.

Menu meets school food plan nutritional standards

(V) suitable for vegetarians, (ve) suitable for vegans • allergen key- cereals containing gluten (g), molluscs (mo), peanuts (p), eggs (e), milk (m), mustard (mu), sesame (se), crustaceans (cr), fish (f), nuts (n), soya, (so), celery (ce), lupin(lu), sulphur dioxide (su)
 jacket potatoes and freshly cooked pasta available daily • jacket potato fillings- grated cheddar cheese (m), tuna mayonnaise (f,e), baked beans • pasta toppings- tomato and vegetable sauce, grated cheese (m) • fresh bread available daily (g,so) may also contain eggs and milk • fresh salads available daily which will always be allergen free

Summer Egg Free Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 W/c: 22/4, 13/5, 10/6, 1/7, 2/9, 23/9, 14/10	French Bread Pizza (G,M,So,Se) Sweet Potato And Corn Enchiladas (G,M) New Potatoes, Red Cabbage, Greens Beans Fresh Fruit Day	Coconut Chicken Korma Vegetable Samosa (G) Steamed Rice, Peas, Roasted Mixed Vegetables Fruit Jelly	Roast Chicken With Stuffing (G) And Gravy Cheesy Vegetabe Tortilla Stack (G,M) Roasted Potatoes, Carrots, Cabbage Fresh Fruit Day	Beef Cottage Pie Vegetable Cottage Pie (So, Ce) Broccoli, Sweetcorn Yoghurt And Fruit (M)	Breaded Chicken Goujons (G) Quorn Nuggets (G) Chips, Baked Beans, Peas Fruit Lolly
Week 2 W/c: 29/4, 20/5, 17/6, 8/7, 9/9, 30/9, 21/10	Chicken Sausage In A Roll (G,Su, Se, So) Quorn Sausage In A Roll (G, Se, So) Roasted New Potatoes, Peas, Cabbage Fresh Fruit Day	Beef Bolognese Vegetarian Bolognese (So) Steamed Pasta (G), Peas, Carrots Yoghurt And Fruit	Roast Pork Cheese And Tomato Pinwheel (G,M) Roast Potatoes, Broccoli, Sweetcorn Fresh Fruit Day	Baked Chicken Wrap (G) Herby Steamed Rice, Cauliflower, Braised Leek And Peas Fruit Jelly	Fish Fingers (G,F) Chips, Peas, Baked Beans Baguette With Cheese (G,So,M) , Nachos And Fresh Fruit Ice Cream (M)
Week 3 W/c: 6/5, 3/6, 24/6, 15/7, 16/9, 7/10	Macaroni Cheese (G,M,Mu) Butternut Squash Quesadilla (G,M) Roasted New Potatoes, Peas, Cabbage Fresh Fruit Day	Chicken And Vegetable Stir Fry With Rice (Se) Homemade Vegetable Spring Roll (G,Lu) Rice, Broccoli, Sweetcorn Apple Flapjack (G)	Roast Chicken With Stuffing (G) Leek, Squash And Tomato Bake (G,M) Roast Potatoes, Carrots, Cauliflower Fresh Fruit Day	Beef Bolognese With Pasta (G) Green Beans, Cabbage, Baked Potato Wedges Fruit Jelly	Breaded Chicken Burger (G, Se) Crispy Veggie Burger (G,Se) Chips, Baked Beans, Sweetcorn Cherry Shortbread (G,Su)

Pasta available daily with tomato sauce and grated cheddar cheese, as well as freshly baked jacket potatoes with assorted fillings. All salads and vegetable accompaniments will be free from 14 main food allergens. We try to match menus for specific dietary requirements as closely as possible to our main menu - please speak to the chef manager at your school or email chris.Carroll@golden-thread if you wish to discuss a your childs menu and we will do everything we can to help. 14 Main allergens are labelled on our menus- if your child has an allergy or intolerance outside of these - please let us know so that we can provide you with complete ingredients.

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