

THE HENDREDS GF MENU April 19

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22 April 13 May 10 June 1 July 22 July 2 Sept 14 Oct	Cheese and Tomato GF Pizza Peas /Sweetcorn Free From Dessert	Minced Beef and Vegetables with New Potatoes Cauliflower / Peas Free From Dessert	Roast Gammon with GF Yorkshire Pudding OR Roast Quorn Fillet with GF Yorkshire Pudding Roast Potatoes or New Potatoes Spring Cabbage / Peas and Carrots Free From Dessert	Butchers' Chicken Fillet with Rice and Gravy Broccoli /Baton Carrots Free From Dessert	Oven Baked GF Sausages in a GF roll OR Quorn Hot Dog in a GF roll Chips Peas /Baked Beans Frozen Strawberry and Vanilla Mouse
Week 2 29 April 20 May 17 June 8 July 9 Sept 30 Sept 21 Oct	Cheese and Tomato GF Pizza Peas / Baton Carrots Free From Dessert	Mild Beef Chilli with Rice OR Vegetarian Quorn Mince Cottage Pie Broccoli/ Cauliflower Free From Dessert	Roast Chicken with GF Yorkshire Pudding Roast Potatoes or Creamed Swede & Carrot Mash / Green Beans Free From Dessert	Turkey Meatballs with GF Pasta and Tomato Sauce Sweetcorn /Broccoli Free From Dessert	Oven Baked GF Fish Fingers Chips Baked Beans / Peas Iced Fruit Smoothie with Fruit Salad
Week 3 6 May 3 June 24 June 15 July 16 Sept 7 Oct	Ham and Pineapple GF Pizza OR Cheese and Tomato GF Pizza Sweetcorn / Broccoli Free From Dessert	Jacket Potato with Tuna Mayo, Cheese or Ham Peas / Baton Carrots Free From Dessert	Roast Turkey with GF Yorkshire Pudding Gravy Roast or Parsley Potatoes Savoy Cabbage/ Baton Carrots Fruit Salad with Chocolate Sauce (Bought in sauce)	Quorn Keema Sweet Potato Curry with Rice Cauliflower /Broccoli Free From Dessert	Oven Baked Butchers' Burger in a GF Roll Chips Baked Beans / Sweetcorn Ice Cream with Fruit Salad

Fresh not frozen roast potatoes