

## Gluten, Milk & Soya Free

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges	Chicken Tikka Masala with Rice	Roast of the Day with Roasties & Gravy		Gluten Free Fish Fingers with Chips
Veggie Main	Rainbow Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges			Choose from lighter options	Garden Vegetable Goujons with Chips
Lighter Options*	Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Classic Tomato Gluten-Free Pasta Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Roll/Wrap Tomato Soup with a Dairy-Free Cheese Gluten-Free Roll/Wrap				
Veggies	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
Sweet Treat*	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert	Fruity Jelly	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert
	Fresh Fruit				

**Homemade Bread/Fresh 50:50 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, Milk & Soya Free

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges	Italian Sausage Gluten-Free Pasta (no cheese)	Roast of the Day with Roasties & Gravy	Cottage Pie	Gluten Free Fish Fingers with Chips
Veggie Main	Rainbow Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges	Gluten-Free Pasta with Garden Bolognese		Golden Topped Cottage Pie	Garden Vegetable Goujons with Chips
Lighter Options*	Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Classic Tomato Gluten-Free Pasta Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Roll/Wrap Tomato Soup with a Dairy-Free Cheese Gluten-Free Roll/Wrap				
Veggies	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
Sweet Treat*	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert	Fruity Jelly	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert
	Fresh Fruit				

**Homemade Bread/Fresh 50:50 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, Milk & Soya Free

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges	Sausage with Mash & Gravy	Roast of the Day with Roasties & Gravy	Gluten-Free Pasta with Beef Bolognese	Gluten Free Fish Fingers with Chips
Veggie Main	Rainbow Gluten-Free Tortilla Pizza (DF cheese) with Jacket Wedges		Butternut Squash Hot Pot with Roasties	Sweet Potato Korma with Rice	Garden Vegetable Goujons with Chips
Lighter Options*	Jacket Potato with Tuna Mayo or Baked Beans and/or Dairy-Free Cheese Classic Tomato Gluten-Free Pasta Tuna Mayo, Egg Mayo, Dairy-Free Cheese or Ham Gluten-Free Roll/Wrap Tomato Soup with a Dairy-Free Cheese Gluten-Free Roll/Wrap				
Veggies	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day	Veg of the Day
Sweet Treat*	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert	Fruity Jelly	Fresh Fruit or Substitute Dessert	Fresh Fruit or Substitute Dessert
	Fresh Fruit				

**Homemade Bread/Fresh 50:50 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.