

# Trinity Academy St Peter's – Gluten & Dairy Free Winter Menu

## 23/24



<p><b>Week 1</b> Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Baked Potato with Beans, Veggies</li> <li>o Falafel &amp; Lettuce Sandwich</li> </ul> <p>Dessert: GF &amp; DF Muffin</p>	<p><b>Week 1</b> Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Make your own Tortilla Wrap: Sweet Chilli Chicken <b>9</b></li> <li>o Chicken Sandwich</li> </ul> <p>Dessert: Watermelon</p>	<p><b>Week 1</b> Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Roast Chicken, Roast Potato, Veggies, Gravy <b>9</b></li> <li>o Ham Sandwich</li> </ul> <p>Dessert: GF &amp; DF Muffin</p>	<p><b>Week 1</b> Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Mexican Chicken with Rice, Carrots &amp; Peas <b>9</b></li> <li>o Chicken Sandwich</li> </ul> <p>Dessert: Banana</p>	<p><b>Week 1</b> Friday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Breaded Fish, Potato Wedges, Peas <b>6</b></li> <li>o Chicken Sandwich</li> </ul> <p>Dessert: Mixed Fruit Jelly</p>
<p><b>Week 2</b> Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Garden Green Cake, Veggies</li> <li>o Falafel &amp; Beetroot Wrap</li> </ul> <p>Dessert: Apple</p>	<p><b>Week 2</b> Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Beef Keema, Baked Potato <b>9</b></li> <li>o Chicken Sandwich</li> </ul> <p>Dessert: GF &amp; DF Muffin</p>	<p><b>Week 2</b> Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Roast Chicken, Roast Potatoes, Veggies, Gravy <b>9</b></li> <li>o Ham Sandwich</li> </ul> <p>Dessert: Satsumas</p>	<p><b>Week 2</b> Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Arrabiata Chicken, Baked Potato, Veggies <b>9</b></li> <li>o Chicken Sandwich</li> </ul> <p>Dessert: GF &amp; DF Muffin</p>	<p><b>Week 2</b> Friday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Chicken Nuggets, Potato Wedges, Veggies <b>7, 10</b></li> <li>o Ham Sandwich</li> </ul> <p>Dessert: Watermelon</p>
<p><b>Week 3</b> Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Baked Potato with Beans, Veggies</li> <li>o Hummus &amp; Salad Sandwich</li> </ul> <p>Dessert: Fruit Jelly</p>	<p><b>Week 3</b> Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Southern Fried Chicken Fillet, Potatoes, Veggies <b>7</b></li> <li>o Ham Sandwich</li> </ul> <p>Dessert: GF &amp; DF Muffin</p>	<p><b>Week 3</b> Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Roast Chicken, Roast Potatoes, Veggies, Gravy <b>9</b></li> <li>o Chicken &amp; Lettuce Sandwich</li> </ul> <p>Dessert: Fresh Fruit</p>	<p><b>Week 3</b> Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Chicken Masala, Rice, Veggies <b>9, 11</b></li> <li>o Ham Sandwich</li> </ul> <p>Dessert: GF &amp; DF Muffin</p>	<p><b>Week 3</b> Friday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>o Fish Fingers, Potato Wedges, Peas <b>6</b></li> <li>o Chicken Sandwich</li> </ul> <p>Dessert: Banana</p>

**Note: all sandwiches listed above are made without butter**

### Allergens

1, Wheat – Cereals (contains gluten)

2, Peanuts

3, Tree nuts – like walnuts, almonds, pine nuts, Brazil nuts and pecans

4, Milk

5, Eggs

6, Fish

7, Soy

8, Shellfish

9, Celery

10, Sulphite

11, Mustard

12, Lupin

13, Molluscs

14, Sesame Seeds