

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

23/24



<p>Week 1 Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> o Cheese & Tomato Pizza, Veggies o Sweet Chilli Onion Bhaji & Lettuce Sandwich <p>Dessert: GF & DF Muffin</p>	<p>Week 1 Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> o Baked Potato, Chicken & Sweetcorn 9 o Chicken Sandwich, Salad <p>Dessert: Watermelon</p>	<p>Week 1 Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> o Roast Chicken, Roast Potatoes, Veggies, Gravy 9 o Ham Sandwich, Salad <p>Dessert: GF & DF Muffin</p>	<p>Week 1 Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> o Chicken Tikka, Rice, Carrots & Peas 9 o Chicken Sandwich, Salad <p>Dessert: Banana</p>	<p>Week 1 Friday</p> <p>Main:</p> <ul style="list-style-type: none"> o Breaded Fish, Potato Wedges, Peas 6 o Turkey Sandwich, Salad <p>Dessert: Mixed Fruit Jelly</p>
<p>Week 2 Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> o Veggie Meatball Pizza, Salad, Sweetcorn o Roast Falafel & Veggie Wrap, Salad <p>Dessert: Apple</p>	<p>Week 2 Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> o Beef Bolognese, Baked Potato 9 o Turkey & Tomato Sandwich <p>Dessert: GF & DF Muffin</p>	<p>Week 2 Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> o Roast Chicken, Roast Potatoes, Veggies, Gravy 9 o Ham Sandwich, Salad <p>Dessert: Satsumas</p>	<p>Week 2 Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> o Arrabiata Chicken, Rice, Veggies 9 o Chicken Sandwich, Salad <p>Dessert: GF & DF Muffin</p>	<p>Week 2 Friday</p> <p>Main:</p> <ul style="list-style-type: none"> o Chicken Nuggets, Potato Wedges, Veggies 7, 10 o Ham Sandwich, Salad <p>Dessert: Watermelon</p>
<p>Week 3 Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> o Baked Potato with Beans, Veggies o Sweet Potato & Salad Sandwich <p>Dessert: Fruit Jelly</p>	<p>Week 3 Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> o Southern Fried Chicken Fillet, Potatoes, Veggies 7 o Ham Sandwich, Salad <p>Dessert: GF & DF Muffin</p>	<p>Week 3 Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> o Roast Chicken, Roast Potatoes, Veggies, Gravy 9 o Chicken & Lettuce Sandwich <p>Dessert: Fresh Fruit</p>	<p>Week 3 Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> o Cajun Chicken, Rice, Veggies 5, 7, 9 o Turkey Sandwich, Salad <p>Dessert: GF & DF Muffin</p>	<p>Week 3 Friday</p> <p>Main:</p> <ul style="list-style-type: none"> o Fish Fingers, Potato Wedges, Peas 9 o Ham Sandwich, Salad <p>Dessert: Banana</p>

Note: all sandwiches listed above are made without butter

Allergens

- | | |
|---|------------------|
| 1, Wheat – Cereals (contains gluten) | 9, Celery |
| 2, Peanuts | 10, Sulphite |
| 3, Tree nuts – like walnuts, almonds, pine nuts, Brazil nuts and pecans | 11, Mustard |
| 4, Milk | 12, Lupin |
| 5, Eggs | 13, Molluscs |
| 6, Fish | 14, Sesame Seeds |
| 7, Soy | |
| 8, Shellfish | |