

Trinity Academy St Peter's – Free From (FF) Summer Menu 25/26



Week 1 Meat-Free Monday Main: <ul style="list-style-type: none"> Gluten Free Pasta with Tomato Sauce 9 Sweet Potato Falafel Sandwich Dessert: FF Rocky Road 7	Week 1 Tuesday Main: <ul style="list-style-type: none"> Jacket Potato with Baked Beans, Mixed Veg Chicken Sandwich Dessert: Fruit	Week 1 Wednesday Main: <ul style="list-style-type: none"> Sausage Dinner, Roast Potatoes, Veggies, Gravy 7, 9, 10 Ham Sandwich Dessert: Fruit Jelly	Week 1 Thursday Main: <ul style="list-style-type: none"> Chicken Korma with Rice, Mixed Veg 7, 9 Chicken Sandwich Dessert: Banana	Week 1 Friday Main: <ul style="list-style-type: none"> FF Fish Fillet with Potato Wedges & Peas 6 Chicken Sandwich Dessert: Fruit
Week 2 Meat-Free Monday Main: <ul style="list-style-type: none"> FF Cauliflower & Lentil Pie, Veg 9, 10 Falafel Sandwich Dessert: FF Fruitcake 7	Week 2 Tuesday Main: <ul style="list-style-type: none"> Jacket Potato with Bolognese, Veg 9 Chicken Sandwich Dessert: Fruit	Week 2 Wednesday Main: <ul style="list-style-type: none"> Chicken Dinner, Roast Potatoes, Veggies, Gravy 7, 10 Ham Sandwich Dessert: Fruit	Week 2 Thursday Main: <ul style="list-style-type: none"> Chicken Tikka Masala, Rice & Veg 7, 9 Chicken Sandwich Dessert: Fruit Jelly	Week 2 Friday Main: <ul style="list-style-type: none"> FF Beef Burger with Potato Wedges & Corn on the Cob 6 Ham Sandwich Dessert: Ice Lolly
Week 3 Meat-Free Monday Main: <ul style="list-style-type: none"> Gluten Free Spaghetti with Tomato Sauce, Veg 7, 9 Hummus & Salad Sandwich Dessert: Strawberry Smoothie	Week 3 Tuesday Main: <ul style="list-style-type: none"> Chicken Goujons, Potato Wedges, Baked Beans, Veg Ham Sandwich Dessert: Fruit	Week 3 Wednesday Main: <ul style="list-style-type: none"> Sausage Dinner, Roast Potatoes, Veggies, Gravy 7, 9, 10 Chicken & Lettuce Sandwich Dessert: FF Fruitcake 7	Week 3 Thursday Main: <ul style="list-style-type: none"> Chicken Tikka Masala, Rice, Veg 7, 9 Ham Sandwich Dessert: Fruit Jelly	Week 3 Friday Main: <ul style="list-style-type: none"> FF Fish Fingers, Potato Wedges, Baked Beans & Peas 6 Chicken Sandwich Dessert: Ice Lolly

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