

Trinity Academy St Peter's – Free From (FF) Winter Menu 26/27

<u>Week 1</u> Meat-Free Monday Main: <ul style="list-style-type: none"> ○ Lentil & Cauliflower Curry 7, 9 ○ Hummus & Cucumber Sandwich 7 	<u>Week 1</u> Tuesday Main: <ul style="list-style-type: none"> ○ Minced Beef Stew with Baked Potato 9 ○ Ham Sandwich 7 	<u>Week 1</u> Wednesday Main: <ul style="list-style-type: none"> ○ Sausage Dinner 7, 9, 10 ○ Ham Sandwich 7 	<u>Week 1</u> Thursday Main: <ul style="list-style-type: none"> ○ Chicken Nuggets 7, 10 ○ Ham Sandwich 7 	<u>Week 1</u> Friday Main: <ul style="list-style-type: none"> ○ Fish Fillet 6, 7, 10 ○ Ham Sandwich 7
<u>Week 2</u> Meat-Free Monday Main: <ul style="list-style-type: none"> ○ GF Pasta & Tomato Sauce 9 ○ Hummus & Roasted Red Pepper Sandwich 7 	<u>Week 2</u> Tuesday Main: <ul style="list-style-type: none"> ○ Meatballs 7, 9, 10 ○ Chicken Sandwich 7 	<u>Week 2</u> Wednesday Main: <ul style="list-style-type: none"> ○ Chicken Dinner 7, 9, 10 ○ Chicken Sandwich 7 	<u>Week 2</u> Thursday Main: <ul style="list-style-type: none"> ○ Greek Souvlaki Chicken 9 ○ Chicken Sandwich 7 	<u>Week 2</u> Friday Main: <ul style="list-style-type: none"> ○ Beef Burger 7, 10 ○ Chicken Sandwich 7
<u>Week 3</u> Meat-Free Monday Main: <ul style="list-style-type: none"> ○ Vegetarian Bolognaise 7, 9 ○ Falafel Sandwich 7 	<u>Week 3</u> Tuesday Main: <ul style="list-style-type: none"> ○ GF Breaded Chicken Fillet 7, 9, 10 ○ Ham Sandwich 7 	<u>Week 3</u> Wednesday Main: <ul style="list-style-type: none"> ○ Sausage Dinner 7, 9, 10 ○ Ham Sandwich 7 	<u>Week 3</u> Thursday Main: <ul style="list-style-type: none"> ○ Tandoori Chicken 9 ○ Ham Sandwich 7 	<u>Week 3</u> Friday Main: <ul style="list-style-type: none"> ○ GF Chicken Nuggets 7, 9, 10 ○ Ham Sandwich 7

Note: all sandwiches listed above are made without butter. Pasta is wholewheat. Bread is 50/50 or wholemeal.
 Rice is brown. A range of vegetables will be served each day, along with potatoes.
 Desserts will be available each day.

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