

Gluten Free

## Glenwood School Menu 1

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Golden Valley Chicken Goujons in a bun	Salmon & Broccoli Pasta Bake	Roast Gammon	Homemade Chicken Tikka Masala or Jacket Potato with Beans	Fish Fingers
	$\frac{1}{2}$ Jacket Potato	Roll	Roast or Mash Potatoes	Rice	Chips or Mash
	Baked Beans Peas	Sweetcorn Carrots	Fresh Carrots Green Beans		Beans or Peas
				Salad Bar	Salad Bar
		Chocolate Cake	Crumble with Custard	Ice Lolly	Ice Cream Pot

Milk and Homemade Bread available everyday

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## Glenwood School Menu 2

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Cheddar Whirl	Turkey Bolognese Bake or Five Bean Chilli with Rice	Roast Chicken	Fish Fingers	Butchers Beef Burger in a Gluten free roll
	Herby Diced Potatoes		Roast Potatoes or Mash	Mashed	Crispy Chips
	Sweetcorn and Peas	Whole Green Bean	Carrots and Broccoli	Garden Peas Baked Beans	Peas and Sweetcorn
		Salad Bar			Salad Bar
	Chocolate Cake	Ice Cream	Jelly	Banana Cake	Carole's Cookie

Milk and Homemade Bread available everyday

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### Glenwood School Menu 3

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	French Bread Pizza	Sausage Roll	Roast Beef	Pastitsio	Gluten Free Fish
		Jacket Potato with Beans/Cheese or Tuna	New Potato's	Gluten Free roll	Crispy Chips or Mash
	Sweetcorn or Peas		Carrots Savoy Cabbage	Carrots Broccoli	Pea's Baked Beans
	Frozen Yoghurt		Jam Sponge with Custard	Ice Cream	Angel Delight

Milk and Homemade Bread available everyday