

Glenwood School Menu 1 - Gluten Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Gluten Free Chicken Goujons	Spaghetti Bolognaise with Gluten Free Pasta	Diced Chicken served in Gravy	Gluten Free Pizza	Gluten Free Fish Fingers
				Gluten Free Tomato Pasta	Omelette (Contains Milk)
	$\frac{1}{2}$ Jacket Potato Baked Beans Mixed Salad	Mixed Salad	Mini Roast Potatoes Seasonal Vegetables	Pasta Salad Sweetcorn Mixed Salad	Chips Peas Mixed Salad
	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Ice Cream, Frozen Yoghurt or Smoothie Pots Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	100% Fruit Lolly Fresh Fruit or Yoghurt

Jacket Potato available every day
Gluten Free gravy is always used

Glenwood School Menu 2 - Gluten Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Jacket Potato with Beans	Gluten Free Meatballs (Beef or Pork)	Diced Chicken served in Gluten Free Gravy	Ham and Leek Pasta Bake with Gluten Free Pasta	Gluten Free Fish
	Gluten Free Tuna pasta	Falafel with Tomato Sauce		Gluten Free Pasta Bake (Tomato Free)	
	Mixed Salad	Rice Mixed Salad	Mini Roast Potatoes Seasonal Vegetables	Mixed Salad	Chips Peas Mixed Salad
	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Ice Cream Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fruit Jelly Pots Fresh Fruit or Yoghurt

Jacket Potato available every day
Gluten Free gravy is always used