




Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Summer Gluten Free 3 Week Menu Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Week 1	Chicken Breast*	Beef* Bolognese GF Pasta Bake	Baked Potato (with beans & cheese)	Quorn Mince GF Spaghetti Bolognese	GF Sausages
Main Course Week 2	BBQ Chicken Leg (on the bone)	Roast Pork	Chicken* Tikka Sauce Turmeric Rice	GF Bangers & Mash (with baked beans or vegetables)	GF Chicken Nuggets
Main Course Week 3	Roast Turkey	GF Pork Sausages & Red Onion Gravy	Butter Chicken* Curry Steamed Rice	Salt & Pepper Chicken Leg	GF Pitta Pizza Margherita
Potato Dish	In line with the weekly cycle	In line with the weekly cycle	In line with the weekly cycle	In line with the weekly cycle	Chipped Potatoes
Vegetables & Sauces	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Lite Bite Option	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayo) (Beans, Grated Cheese, Salad, Coleslaw)
Salad Bowls & GF Wraps	Salad Bowl, Gluten Free Tortilla Wraps				
	Cold Fillings: Egg & Mayonnaise, Cheese, Cheese Salad,  Ham, Ham Salad, Chicken & Mayonnaise, Chicken & Mayonnaise with Lettuce, Chicken & Mayonnaise with Bacon, Cheese & Ham, Tuna & Mayonnaise, Tuna Mayonnaise & Cucumber				
Cakes Traybakes	GF biscuit snacks will be made available each day Fresh Pineapple Pot, Watermelon Pot, Honeydew Melon Pot, Red Grape Pot#, Green Grapes Pot# Low Fat Fruit Yoghurts (variety of flavours), Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot Raisin Snack Box (14g)				
Drinks#	Juice Burst (Raspberry Lemonade, Orange & Passionfruit, Apple & Blackcurrant) Radnor Splash 500ml Sports Cap Drinks (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime) Harrogate 500ml Screw Cap Spring Still Water Semi Skimmed Milk 189ml Carton, Harrogate 330ml Screw Cap Spring Still Water Radnor Splash 330ml Screw Cap (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime)				

Non-meal Items#

Our fresh beef and chicken meat are Halal Certified *



Vegetarian Dish

All the above GF dishes will need to be pre-ordered via the students Pastoral Manager & Catering Manager with a minimum of 24 hours