

FOOD FESTIVAL

By Aspens

NGCI (Gluten) Free Autumn Winter 2021-22

WEEK ONE

MONDAY Family Faves

Option 1

Beef Burger GF

Oven Baked Wedges
Coleslaw



Option 2

Veggie Burger GF

Oven Baked Wedges
Coleslaw



TUESDAY Authentic Italian

Ham & Pineapple Pizza GF

Baked Beans



Veggie Delight Pizza GF

Baked Beans



WEDNESDAY Baking British

Roast Chicken
Roasties and Fresh Vegetables
Gravy



Quorn Roast
Roasties and Fresh Vegetables
Gravy



THURSDAY Food Festival

Chicken Tikka Masala

Wholegrain Rice
Spiced Roast Cauliflower



Sweet Potato & Chickpea Balti

Wholegrain Rice
Spiced Roast Cauliflower



FRIDAY Fun Day

Fish Fingers GF
Salmon or Pollock
Chips and Peas

Cheesy Bean Wrap GF

Chips and Peas



Jacket Potatoes

Crispy Skin Jacket Potato with Tasty Toppings

The Finale

GF Peach Cobbler & Custard

Lemon Sponge Cake GF

Chocolate Brownie GF

Apple Sponge and Custard GF

Cookie GF



Fresh Fruit, Yoghurt and Salad available every day

Please ensure recipes from the NCGI (Gluten)Free Primary Recipe Book are used and cross referenced with recipe numbers

Autumn / Winter 2021

w/c 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02

▲ Meat ✓ Veggie ◆ Jacket Potato ■ Packed Lunch

FOOD FESTIVAL

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WEEK TWO

	MONDAY Family Faves	TUESDAY Authentic Italian	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Cottage Pie Carrots	Chicken & Sweetcorn Pasta Bake GF Penne Garlic Slice GF Green Salad	Roast Gammon Roasties and Fresh Vegetables Gravy	Hot Dog GF Baked Paprika Wedges BBQ Beans	Fish Fingers GF Chips and Mushy Peas
Option 2	Baked Bean & Sweetcorn Cowboy Pie Carrots	GF Veggie Bolognese Penne Garlic Slice Green Salad	GF Vegan Mince Pie Roasties and Fresh Vegetables Gravy		Vegan Bean Fritter Chips and Mushy Peas
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Rhubarb Crumble GF & Custard	Marble Cake GF & Custard	Chocolate and Orange Polenta Cake GF	Jelly & Fruit	GF Shortbread Biscuit

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Autumn / Winter 2021

w/c 06/09, 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch

FOOD FESTIVAL

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WEEK THREE

MONDAY Family Faves

TUESDAY Authentic Italian

WEDNESDAY Baking British

THURSDAY Food Festival

FRIDAY Fun Day

Option 1

GF Bangers & Mash
Green Beans
Gravy ▲

Beef GF Pasta Bake
GF Garlic Slice
Sweetcorn ▲

Roast Chicken
Roasties and
Fresh Vegetables
Gravy ▲

BBQ Chicken
Wholegrain Rice
Broccoli ▲

GF Fish Fingers
Chips and
Baked Beans

Option 2

Veggie Bean Pattie Mash
Green Beans
v

Veggie GF Pasta Bake
Garlic Slice
Sweetcorn v

Quorn Roast
Roasties and
Fresh Vegetables
Gravy v

GF Crunchy Topped Macaroni Cheese
Broccoli v

GF Vegan Sausage Roll
Chips and Baked Beans v

Jacket Potatoes

Crispy Skin Jacket Potato with Tasty Toppings

The Finale

GF Golden Syrup & Apple Sponge Pudding

Sticky Toffee Pudding & Custard

Chocolate Orange Rice Pudding

GF Apple Crumble with Custard ◆

GF Ginger Cookie ■

Fresh Fruit, Yoghurt and Salad available every day

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Autumn / Winter 2021

w/c 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02

▲ Meat v Veggie ◆ Jacket Potato ■ Packed Lunch