

# Gluten & Lactose Free Autumn / Winter Term (Week 1)

All our kitchens operate under a Nut-free environment

## MONDAY

Meat-free burger with  
diced potatoes (V)

GF & dairy free Pizza  
with new potatoes

Jacket potato with a  
choice of dairy free  
cheese (V), beans (VE),  
or coleslaw (V)

Served with a choice of  
seasonal vegetables  
(VE)

## TUESDAY

Keema Curry and rice  
(no naan)

Jacket potato with a  
choice of dairy free  
cheese (V), beans (VE),  
or Tuna Mayo

Served with a choice of  
seasonal vegetables  
(VE)

## WEDNESDAY

Chicken fillet with mash  
potatoes

Jacket potato with a  
choice of dairy free  
cheese (V), beans (VE),  
or Tuna Mayo

Served with a choice of  
seasonal vegetables  
(VE)

## THURSDAY

Traditional all day  
breakfast (Blakemore  
sausage only, GF bread)  
no milk in egg

Jacket potato with a  
choice of dairy free  
cheese (V), beans (VE),  
or Tuna Mayo

Served with beans ,  
mushrooms and  
tomatoes (VE)

## FRIDAY

GF Fish fingers with  
chips

Jacket potato with a  
choice of dairy free  
cheese (V), beans (VE),  
or Tuna Mayo

Served with beans or  
peas (VE)

Gluten & milk free bake  
(V)

Gluten & milk free bake  
(V)

Fruit and Jelly (V)

Gluten & milk free bake  
(V)

Fruity Friday (VE)

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in our kitchens

### Weeks Commencing:

10th Nov / 01<sup>st</sup> Dec / 12<sup>th</sup> Jan /  
02<sup>nd</sup> Feb / 23<sup>rd</sup> Feb / 16<sup>th</sup> Mar

Available daily: Unlimited vegetables (VE)

Unlimited fresh water. Selection of fruit (VE).

Bread basket (V).

**V indicates vegetarian and VE for vegan option**



**BSC**  
Barnsley Schools  
Catering

# Gluten & Lactose Free Autumn / Winter Term (Week 2)

All our kitchens operate under a Nut-free environment

## MONDAY

GF & dairy free pizza

## TUESDAY

Chicken with GF spaghetti pasta with LF cheese

## WEDNESDAY

Sausage (Blakemores) with mash potatoes

## THURSDAY

Beef burger with GF roll/bread with wedges

## FRIDAY

GF fish fingers and chips

Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo

Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo

Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo

Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo

Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo

Served with a choice of seasonal vegetables (VE)

Served with a choice of seasonal vegetables (VE)

Served with a choice of seasonal vegetables (VE)

Served with a choice of seasonal vegetables (VE)

Served with a choice of Peas or beans (VE)

Fruity Friday (VE)

Gluten & milk free bake (V)

Gluten & milk free bake (V)

Fruit Jelly (V)

Gluten & milk free bake (V)

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### Weeks Commencing:

17th Nov / 08<sup>th</sup> Dec / 19<sup>th</sup> Jan /

09<sup>th</sup> Feb / 02<sup>nd</sup> Mar / 23<sup>rd</sup> Mar

Available daily: Unlimited vegetables (VE)

Unlimited fresh water. Selection of fruit (VE).

Bread basket (V).

**V indicates vegetarian and VE for vegan option**



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# Gluten & Lactose Free Autumn / Winter Term (Week 3)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Spaghetti in tomato sauce	GF and dairy free cheese BBQ meat pizza	Chicken dinner with roast potatoes	GF chicken breast with diced potatoes (HM GF Bun/bread)	GF Fish fingers and chips
Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo	GF and dairy free cheese and tomato pizza	Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo	Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo	Jacket potato with a choice of dairy free cheese (V), beans (VE), or Tuna Mayo
Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)	Served with a choice of seasonal vegetables (VE)
Gluten & milk free bake (V)	Gluten & milk free bake (V)	Fruit Jelly (V)	Gluten & milk free bake (V)	Fruity Friday (VE)



Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in our kitchens

## Weeks Commencing:

24th Nov / 15<sup>th</sup> Dec / 05<sup>th</sup> Jan /  
26<sup>th</sup> Jan / 09<sup>th</sup> Mar

Available daily: Unlimited vegetables (VE)

Unlimited fresh water. Selection of fruit (VE).

Bread basket (V).

**V indicates vegetarian and VE for vegan option**



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