

AMEY primary school gluten-free menu 2025 to 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil soup	Tomato soup	Vegetable soup	Lentil soup	Vegetable soup
Main meal 1	G/F Pizza	Chicken curry & Rice	G/F sausage & mash	Turkey burger & potato wedges	G/F Fish & chips
Main meal 2	G/F Neapolitan pasta	Sweet potato curry & Rice	G/F tuna/cheese Sandwich	Veg stir-fry & noodles	G/F Beans on toast
Main meal 3	Baked potato with bean or coleslaw	G/F cheese / ham sandwich		Baked potato with beans or tuna	G/F Chicken or cheese sandwich
Dessert	Yoghurt	Yoghurt	Jelly	Yoghurt	Yoghurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet potato soup	Tomato soup	Lentil soup	Vegetable soup	Lentil soup
Main meal 1	G/F Tomato pasta	BBQ chicken & rice	G/F Beef burger & wedges	Pizza & wedges	Fish & chips
Main meal 2	Baked potato with beans/cheese	G/F Chicken or cheese sandwich	Bubble salmon & new potato	G/F Cheese or tuna sandwich	Baked potato with beans or cheese
Main meal 3			Baked potato with tuna / coleslaw		
Dessert	Yoghurt	Jelly	Jelly	Ice cream	Yoghurt

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & potato soup	Sweet potato soup	Cajun pepper soup	Lentil soup	Lentil soup
Main meal 1	G/F cheesy pasta	Broccoli pasta bake	Cottage pie	G/F sausage & mash	G/F Fish & chips
Main meal 2	G/F Pizza	Chicken mayo / cheese roll	G/F ham/cheese sandwich	G/F Tuna pasta	Plain omelette & chips
Main meal 3	Baked potato beans / coleslaw			Baked potato cheese / beans	Baked potato cheese / tuna
Dessert	Yoghurt	Yoghurt	Yoghurt	Jelly	Jelly