Specific Dietary Requirement Menu

School Name: Bromley Heath

School Menu Cycle: CORE FFL – AW26

Child's Name: xxx

Dietary Requirement:
NO GLUTEN CONTAINING INGREDIENTS
NO QUORN PRODUCTS

Week One Menu

Monday:
- **Cheese & Tomato Gluten Free Pizza**
  FFL Original Cheese and Tomato Pizza Gluten Free
- **Potato Wedges (Vg)**
  FFL Original Dry Roasted Potato Wedges
- **Pea and Mince Keema with Rice (Vg)**
  FFL Original Vegetarian Mince Keema
  FFL Original Fluffy Rice
- **Allergy-Friendly Cookie (Vg)**
  FFL Original Allergen Free Cookie

Tuesday:
- **Chinese Chicken**
  FFL Original Chinese Chicken
- **BBQ Vegetable and Mixed Beans**
  FFL Original BBQ Vegetable and Mixed Beans
- **Fluffy Rice (Vg)**
  FFL Original Fluffy Rice
- **Allergy-Friendly Banana Cupcake (Vg) (NO CUSTARD)**
  FFL Original Vegan Gluten Free Banana Flavour Cupcake

Wednesday:
- **Roast Gammon**
  FFL Original Roast Gammon
- **Roast Potatoes & Gravy (Vg)**
  FFL Original Roast Potatoes
  FFL Original Gravy
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Jelly with Mandarins (Vg)**
  FFL Original Orange Jelly with Mandarin

Thursday:
- **Welsh Pork Sausages and Beans**
  FFL Original Sausage and Baked Bean Hotpc
- **Mashed Potato (Vg)**
  FFL Original Mashed Potato
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
  Allergy Friendly Vegan Chocolate Sponge (Vg)
  FFL Original Gluten Free Vegan Chocolate Sponge

Friday:
- **Gluten Free Fishcake with Ketchup**
  FFL Original Gluten Free Fishcake
  FFL Original Tomato Ketchup
- **Oven Chips (Vg)**
  FFL Original Oven Chips
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Fruity Friday (Vg)**
  FFL Original Fruity Friday

Week Two Menu

Monday:
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Lemon Sponge (Vg)**
  FFL Original Gluten Free Vegan Lemon Sponge

Tuesday:
- **Pork Sausages**
  FFL Original Langfords Pork Sausages
- **Potato Wedges (Vg)**
  FFL Original Dry Roasted Potato Wedges
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Shortbread**
  FFL Original Allergen Free Shortbread

Wednesday:
- **Roast Chicken**
  FFL Original Roast Chicken
- **Roast Potatoes & Gravy (Vg)**
  FFL Original Roast Potatoes
  FFL Original Gravy
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Shortbread**
  FFL Original Allergen Free Shortbread

Thursday:
- **Gluten Free Veggie Pasta Bolognaise**
  FFL Original Gluten Free Vegetarian Pasta Bolognaise
- **Allergy-Friendly Apple Crumble (Vg) (NO CUSTARD)**
  FFL Original Allergen Free Apple Crumble

Friday:
- **Gluten Free Fishcake with Ketchup**
  FFL Original Gluten Free Fishcake
  FFL Original Tomato Ketchup
- **Cheese & Tomato Gluten Free Pizza**
  FFL Original Cheese and Tomato Pizza Gluten Free
- **Oven Chips (Vg)**
  FFL Original Oven Chips
- **Fruity Friday (Vg)**
  FFL Original Fruity Friday

Week Three Menu

Monday:
- **Cheese & Tomato Gluten Free Pizza (V) with Potato Wedges (Vg)**
  FFL Original Cheese and Tomato Pizza Gluten Free
  FFL Original Dry Roasted Potato Wedges
- **Allergy-Friendly Shortbread**
  FFL Original Allergen Free Shortbread

Tuesday:
- **Beef Burger (NO BUN)**
  FFL Original Farm Assured Beef Burger (No Bun)
- **Potato Wedges (Vg)**
  FFL Original Dry Roasted Potato Wedges
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Brownie (Vg)**
  FFL Original Vegan Gluten Free Chocolate Brownie

Wednesday:
- **Roast Chicken**
  FFL Original Roast Chicken
- **Roast Potatoes & Gravy (Vg)**
  FFL Original Roast Potatoes
  FFL Original Gravy
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Lemon Sponge (Vg)**
  FFL Original Gluten Free Vegan Lemon Sponge

Thursday:
- **Chicken Tikka Masala**
  FFL Original Chicken and Chickpea Tikka Masala
- **Fluffy Rice (Vg)**
  FFL Original Fluffy Rice
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Cookie (Vg)**
  FFL Original Allergen Free Cookie

Friday:
- **Gluten Free Fishcake with Ketchup**
  FFL Original Gluten Free Fishcake
  FFL Original Tomato Ketchup
- **Cheese & Tomato Gluten Free Pizza**
  FFL Original Cheese and Tomato Pizza Gluten Free
- **Oven Chips (Vg)**
  FFL Original Oven Chips
- **Fruity Friday (Vg)**
  FFL Original Fruity Friday

Available Daily: Seasonal Vegetables, Fresh Salad, Fruit, Orange or Strawberry Jelly & Water
Available on Alternative Days: Jacket Potato with Baked Beans or Cheese or Tuna Mayonnaise
Gluten Free Tomato Pasta, **Gluten Free Pesto Pasta**, or **Gluten Free Vegetable Pasta**