Specific Dietary Requirement Menu



School Name: Bromley Heath

School Menu Cycle: CORE FFL – AW26

Child's Name: xxx

Dietary Requirement: NO GLUTEN OR SOYA
NO GLUTEN CONTAINING INGREDIENTS
NO QUORN PRODUCTS
NO BREAD, CUSTARD, VEGGIE MINCE, OR PIZZAS

Week One Menu

Monday:
- **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

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:
- **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:
- **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 Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **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
- **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 Three Menu

Monday:
- **Gluten Free Tomato and Basil Pasta**
  FFL Original Gluten Free Pasta with Tomato and Basil Sauce
- **Allergy-Friendly Shortbread**
  FFL Original Allergen Free Shortbread

Tuesday:
- **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
- **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

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**