



Ludlow Junior School

Autumn Menu - Gluten Free

Monday

WEEK ONE

03/09/26

21/09/26

12/07/26

Vegan Korma, Rice & Carrots (V)(VG)(GF)
Jacket Potato with a choice of filling (V)(GF)
Tomato pasta and Carrots (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



PIZZA DAY

Pepperoni Pizza, Wedges & Sweetcorn (GF)
Cheese & Tomato Pizza, Wedges & Sweetcorn (V)(GF)
Jacket Potato with a choice of filling (V)(GF)
Tomato pasta and Sweetcorn (V)(VG)
Cheese or Ham Roll (GF)
Sweet Treat (V)(GF)

Quorn Pasta Bolognese & Broccoli (V)(GF)
Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Broccoli (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



ROAST DINNER DAY

Roast Chicken, Roast Potatoes, Mixed Vegetables & Gravy (GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Mixed Vegetables (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)

Beef Burgers, Chips & Peas (GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Peas (V)(VG)(GF)
Cheese or Ham Roll (GF)

Fresh Fruit Salad or Ice Cream (VG)(GF)

Tuesday

WEEK TWO

07/09/26

28/09/26

19/10/26

Pork Sausages, Mash Potato & Green Beans(GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Green Beans (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



PIZZA DAY

Pepperoni Pizza, Wedges & Sweetcorn (GF)
Cheese & Tomato Pizza, Wedges & Sweetcorn (V)(GF)
Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Sweetcorn (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)

Beef Chilli Taco's & Rice

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Carrots (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



ROAST DINNER DAY

Roast Gammon, Roast Potatoes, Mixed Vegetables & Gravy (GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Mixed Vegetables (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)

GF Battered Fish, Chips & Peas (GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Peas (V)(VG)(GF)
Cheese or Ham Roll (GF)

Fresh Fruit Salad or Ice Cream (V)(GF)

WEEK THREE

14/09/26

05/10/26

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Broccoli (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



PIZZA DAY

Pepperoni Pizza, Wedges & Sweetcorn (GF)
Cheese & Tomato Pizza, Wedges & Sweetcorn (V)(GF)
Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Sweetcorn (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Green Beans (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



ROAST DINNER DAY

Roast Chicken, Roast Potatoes, Mixed Vegetables & Gravy (GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Mixed Vegetables (V)(VG)(GF)
Cheese or Ham Roll (GF)

Sweet Treat (V)(GF)



ALL DAY BREAKFAST All Day Breakfast (GF)

Jacket Potato with a choice of filling (V)(GF)
Tomato pasta & Sweetcorn (V)(VG)(GF)
Cheese or Ham Roll (GF)

Fresh Fruit Salad or Ice Cream (V)(GF)

Wednesday

Thursday

Friday

For allergen information please see the charts on our school website or for any further queries please contact the school office.

AVAILABLE DAILY: - Bread - Salad Bar - Water
ALTERNATIVE DESSERT OPTIONS: - Fresh Fruit - Yoghurt

V=Vegetarian - VG = Vegan - GF = Gluten free