

Gluten Free Menu

Meal week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & Potato Soup	Vegetable Soup	Carrot & Coriander Soup	Veg & Rice Soup	Vegetable Soup
Choice 1	G/F Beef Burger with Seasoned Wedges and Salad	G/F Crispy Fish Fillet with Chunky Chips and peas	G/F Mac & Cheese With G/F Garlic Bread & Broccoli	Cottage Pie With Baby Carrots	G/F Chicken Fillet with Seasoned wedges Sweetcorn
Choice 2	Plain Omelette with Seasoned Wedges & Salad	Veg Tikka Masala with Rice & Crunchy Salad	Baked Potato With Veg Chilli or Baked Beans & Crunchy Salad	Tuna Mayo or Cheese Sandwich With Crunchy Salad & Coleslaw	G/F Pizza Sub with Seasoned Wedges, Sweet corn & Coleslaw
Dessert	Yoghurt	Chocolate Mousse	Jelly	Ice Cream	Custard

Meal Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Leek & Potato Soup	Yellow Split Pea Soup	Vegetable Soup	Vegetable Soup
Choice 1	G/F Mild Chicken /Veg Curry with Rice & Mixed Peppers	G/F Chicken Burger with Seasoned Wedges & Crunchy Salad	G/F Veg Sausage Beans and Potato Wedges	Turkey Meatball in Gravy with Creamy Mashed Potato & Carrots	
Choice 2	Salmon Fish Finger with Chunky Chips & Peas	G/F Tomato & Veg Pasta with Garlic Bread & Broccoli	G/F Veg Fajitas with Potato Wedges & Mixed Peppers	Cheese/tuna mayo Sandwich with Crunchy Salad and Coleslaw	Baked Potato with Baked Beans or Cheese & Crunchy Salad
Dessert	Ice Cream	Yoghurt	Jelly	Fruit Salad with Cream	Yoghurt