**Gluten Free Menu**

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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | **Lentil Soup** | **Tomato Soup** | **Leek & Potato Soup** | **Tomato Soup** |  |
| **Main Meal 1** | **G/F Tomato Pasta** | **G/F Sausage & Mash** | **Salmon Bubble crisp Fillet & New potato’s** | **G/F Chicken Curry & Rice** | **G/F Fish & Chips** |
| **Main Meal 2** | **Jacket Potato with Beans** | **G/F Cheese Sandwich** | **Veggieballs in tomato Sauce & New Potato** | **Sweet Chilli Oriental veg with Rice** | **Jacket Potato with Cheese** |
| **Main Meal 3** |  |  | **G/F Chicken Sandwich** | **G/F Egg Mayo Sandwich** |  |
| **Sides** | **Broccoli /Salad** | **Mixed Veg/ Salad** | **Sweetcorn/Salad** | **Green Beans/Salad** | **Peas/Salad** |
| **Dessert** | **Yoghurt** | **Yoghurt** | **Jelly** | **Jelly** | **Yoghurt** |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | **Lentil Soup** | **Tomato Soup** | **Carrot & Coriander Soup** | **Tomato Soup** |  |
| **Main Meal 1** | **Plain Omelette & Chips** | **G/F Chicken Curry & Rice** | **Mince & Mashed Potato (No Yorkshire Pudding** | **G/F Tomato Pasta** | **G/F Fish & Chips** |
| **Main Meal 2** | **Jacket Potato & Beans** | **Sweet & Soup Veg & Rice** | **Jacket Potato with Tuna** | **G/F Chicken Sandwich** | **Jacket Potato with Beans** |
| **Main Meal 3** |  | **G/F Cheese Sandwich** |  |  |  |
| **Sides** | **Broccoli /Salad** | **Sweetcorn /Salad** | **Carrot/ Salad** | **Green beans/Salad** | **Peas /Salad** |
| **Dessert** | **Ice Cream** | **Jelly** | **Jelly** | **Yoghurt** | **Yoghurt** |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | **Sweet potato & Lentil Soup** | **Carrot & Coriander Soup** | **Vegetable Soup** | **Leek & Potato Soup** |  |
| **Main Meal 1** | **G/F Beans on Toast** | **G/F Pasta Bolognese** | **Chicken Casserole & New potato** | **G/F Beef Burger & Wedges** | **G/F Fish & Chip** |
| **Main Meal 2** | **Jacket Potato Cheese or Beans** | **G/F Cheese Sandwich** | **G/F Tomato Pasta** | **Jacket Potato with Cheese** | **G/F Chicken Sandwich** |
| **Main Meal 3** |  |  | **G/F Tuna Sandwich** |  |  |
| **Sides** | **Broccoli /Salad** | **Sweetcorn /Salad** | **Carrots/Salad** | **Beans/Salad /Coleslaw** | **Peas/Salad** |
| **Dessert** | **Yoghurt** | **Yoghurt** | **Jelly** | **Jelly** | **Yoghurt** |