

Gluten free menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil soup	Vegetable soup		Tomato soup	
Fish goujon wrap with diced potato	Chicken stir fry With broccoli & rice	Beef casserole with veg & chips	Chicken burger with salad & potato wedges	Pasta Bolognese With garlic bread & salad
Mac & cheese With veg & Diced potato		Cheesy omelettes Salad & chips	Baked potato with beans	Cheese sandwich with salad & coleslaw
		Strawberry yoghurt		Ice cream

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil soup		Tomato soup	Vegetable soup
Chicken strips with salad & potato wedges	Tomato pasta with meatballs & garlic bread	Mince & Mashed potato with green beans	Fish fingers with veg & herby diced potato	Hot dog with salad & corn on the cob
Veggie curry with rice & naan	Quorn chilli with rice & pitta	Cheese panini With salad & coleslaw	Tomato & veg pasta & herby diced potato	Baked potato with beans/cheese With salad
Frozen yoghurt with mandarin's		Jelly with pineapple chunks		

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil soup		Vegetable soup	Tomato soup	
Chicken curry with rice & naan	Bangers & mash beans	Fish & chips peas	Roast turkey dinner	Chicken tikka pitta bread salsa, sweet potato wedges
Tomato & basil pasta with salad & crusty bread	Egg mayo roll With salad & coleslaw	Baked potato With beans & cheese	Veggie burger Salad coleslaw & potatoes	Marguerite pizza with sweet potato wedges & corn
	Ice cream & fruit			Greek yoghurt strawberry's