

Menu options for gluten free diet Winter 17/18

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free cheese and tomato Pizza Or Baked Potato	Gluten Free Salmon fish finger Gluten free wrap	Chicken Curry & Rice	Mince Beef Gluten free Gravy Meatballs Tomato sauce	Macaroni cheese Gluten free pasta
Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion
yoghurt	Gluten free muffin	Fruit smoothie	Ice Cream Cup	Baked rice

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free cheese and tomato Pizza Pasta bakes- gluten free pasta	Quorn stovies	Vegetable chow mein Or Baked Potato	Gluten Free Fish Fillet with potato Wedges Or Baked Potato	Beef burger in a gluten free bun
Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion
Yoghurt	Jelly	yoghurt	Ice cream cup	Yoghurt

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Salmon fish finger Wedges	Vegetable Bolognese Or baked potato	Quorn tikka & rice	Steak pie or omlette Roast pots	Gluten free breaded chicken goujons
Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion
Yogurt & Berries	Gluten free muffin	Fresh Fruit Jelly	Gluten free muffin	Fruit Smoothie

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Spanish omelette – baked potato	Quorn Burger- gluten free burger bun	Chikien chow mein	Cottage pie, gluten free gravy Baked potato	Hot dog & Gluten frre roll Baked potato
Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion	Soup- knorr boullion
GL Sponge	Ice cream	Carrot stick & garlic dip	Custard	Yoghurt

WEEK 1

GLUTEN FREE PIZZA BASE F113062
GLUTEN FREE SALMON FISH FINGER F112546

GLUTEN FREE WRAP F105507
GLUTEN FREE SPAGHETTI A112387

WEEK 3

GLUTEN FREE FISH FILLET F112547
GLUTEN FREE SALMON FISH FINGER F112546
GLUTEN FREE PASTA A105859
GLUTEN FREE SPAGHETTI A112387
GLUTEN FREE CHICKEN GOUJONS F114687

BOULLION AND GRAVY INFO

GLUTEN FREE GRAVY A28347
GLUTEN FREE VEG BOULLION A100442

WEEK 2

GLUTEN FREE PASTA A105859
GLUTEN FREE GRAVY A28347
GLUTEN FREE BURGER BUN 114264
GLUTEN FREE FISH FILLET F112547
GLUTEN FREE BURGER F118193

WEEK 4

GLUTEN FREE PASTA A105859
GLUTEN FREE BURGER F117652
GLUTEN FREE BURGER BUN 114264

GLUTEN FREE BEEF BOULLION A100444
GLUTEN FREE CHICKEN BOULLION A100443

SCOTCH BROTH CANNOT BE SERVED- ALTERNATIVE SOUP REQUIRED

YOU MUST REQUEST MADIERA CAKE, MUFFINS AND GLUTEN FREE WRAP FROM THE CPU – WITH PLENTY OF ADVANCE NOTICE

GLUTEN FREE BREAD IS ALSO AVAILBLE FROM CPU FOR SANDWICHES PLEASE REQUEST IN ADVANCED AND BREAD AND FILLINGS WILL BE SENT

GLUTEN FREE MUFFINS- F114265- 60 IN BOX

GLUTEN FREE MADERIA CAKE- A89521 100 SLICES

