Gluten Free Menu \* Only use gluten free prescription bread, pasta and pizza

 **bases**

 Cornflour and gravy browning to be used for sauces

 Use fresh herbs and spices

Week 1 Autumn Winter 2015-16 October - March 2016

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TRAYS  | MONDAY | **TUESDAY** | WEDNESDAY | **THURSDAY** | **FRIDAY** |
| **Soup**chef hats,chefs,dining,foodapples,conservation,ecology,environmental conservation,environmental issues,environments,food,fruits,greens,icons,nature,organic,symbols,web elements**Red Tray****Choice of soup or pudding** | Lentil Soup |  Leek and Potato Soup | Tomato Soup |  Lentil Soup |  Chicken & Rice SoupFresh Fish, Chips & Garden peas |
| **Blue Tray****Choice of soup or pudding** | Jacket Potato with a Variety of Fillings & Side Salad | Tomato Pasta Pot (Gluten free) with Garlic Bread (Gluten free)  | French Bread Pizza (Gluten free) with Chips and Coleslaw  | Cheesy Beanos (Gluten free Bread) | Jacket Potato with a Variety of Fillings & Side Salad |
| **Green Tray****Soup and pudding****Pudding** | Wrap (Gluten free) with Tuna Mayonnaise and Salad  Fruit or Yoghurt |  Sandwich (Gluten free) with CheeseFruit or Yoghurt | Fruit or Yoghurt | Sandwich (Gluten free) with Home Baked Ham Fruit or Yoghurt  | Roll (Gluten free) with CheeseFruit or Yoghurt |

Gluten Free Menu \* Only use gluten free prescription bread, pasta and pizza

 **bases**

 Cornflour and gravy browning to be used for sauces

 Use fresh herbs and spices

Week 2 Autumn Winter 2015-16 April – October 2015

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TRAYS  | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Red Tray****Choice of soup or pudding** |  Cream of Vegetable Soup | Split Pea Soup   Gammon with Roast Potatoes & Seasonal Vegetables |  Tomato SoupChicken in White Sauce (use cornflour to thicken) Potatoes & Carrots. |  Lentil SoupMince & Tatties with Seasonal Vegetables |  Lentil SoupSalmon Fish Fingers with Chips and Baked Beans |
| **Blue Tray****Choice of soup or pudding** | Jacket Potato with a Variety of Fillings & Side Salad  | Beef Chilli Pot (using fresh chili) with Potato Wedges | Savoury Rice | Chicken Fried Rice Pot with Homemade Sweet Chilli Sauce | Pasta Twists (Gluten free) with Spicy Tomato Sauce |
| **Green Tray****Soup and****pudding****Pudding** |  Sandwich (Gluten free) with Egg Mayonnaise Ice Cream or Fruit or Yoghurt  | Fruit or Yoghurt |  Wrap (Gluten Free) with Tuna Mayonnaise Salad Fruit or Yoghurt | Cheese Toastie (Gluten free Bread)Fruit or Yoghurt | Beef Burger (no breadcrumbs) Roll (Gluten free) Fruity Friday Seasonal Fruit & Custard or Fruit or Yoghurt |

Gluten Free Menu \* Only use gluten free prescription bread, pasta and pizza

 **bases**

 Cornflour and gravy browning to be used for sauces

 Use fresh herbs and spices

## Week 3 Autumn Winter 2015-16 April - October 2015

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TRAYS  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Red Tray****Choice of soup or pudding** |  Lentil Soup  |  Vegetable Soup |  Tomato & Lentil SoupPizza (use Gluten free pizza base) with Salad or Seasonal Vegetables |  Leek & Potato Soup Stewing Steak with Potatoes & Seasonal Vegetables |  Tomato & Lentil SoupFresh Fish, Chips & Garden Peas |
| **Blue Tray****Choice of soup or pudding** | Nut Free Pesto Pasta Pot (Gluten free Pasta) & mixed Salad  | Tomato Pasta Pot (Gluten free Pasta) | Jacket Potato with a Variety of Fillings & Side Salad | Spicy Fajita mix (use fresh chilli) & Golden Rice  |  |
| **Green tray****Soup and Pudding****Pudding** | Baguette (Gluten free) with Chicken and Shredded LettuceFruit or Yoghurt |  Chees Panini (Gluten free) Fruit or Yoghurt  |  Fruit & Ice Cream or Fruit or Yoghurt | Sandwich (Gluten free) with Home Baked HamFruit or Yoghurt | Wrap (Gluten free) with Cheese & Spring Onion & MayonnaiseFruit Friday Seasonal Fruit & Custardor Fruit or Yoghurt |