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 Soup  Fresh 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 Cheese  Fruit or Yoghurt | Fruit or Yoghurt | Sandwich (Gluten free) with Home Baked Ham  Fruit or Yoghurt | Roll (Gluten free) with Cheese  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 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 Soup  Chicken in White Sauce (use cornflour to thicken) Potatoes & Carrots. | Lentil Soup  Mince & Tatties with Seasonal Vegetables | Lentil Soup  Salmon 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 Soup  Pizza (use Gluten free pizza base) with Salad or Seasonal Vegetables | Leek & Potato Soup  Stewing Steak with Potatoes & Seasonal Vegetables | Tomato & Lentil Soup  Fresh 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 Lettuce  Fruit or Yoghurt | Chees Panini (Gluten free)  Fruit or Yoghurt | Fruit & Ice Cream or Fruit or Yoghurt | Sandwich (Gluten free) with Home Baked Ham  Fruit or Yoghurt | Wrap (Gluten free) with Cheese & Spring Onion & Mayonnaise  Fruit Friday Seasonal Fruit & Custard  or Fruit or Yoghurt |