

GLUTEN FREE MENU

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup	Vegetable Soup		Tomato Soup	
Fish goujon wrap Diced potato & vegetables	Chicken stir fry Broccoli & rice	Beef casserole Vegetable & chips	Chicken burger Salad & potato wedges	Pasta Bolognese Garlic bread & salad
Mac & cheese Diced potato & vegetables		Cheesy Omelettes Salad & chips	Baked Potato with beans	Cheese sandwich Salad & coleslaw
		Strawberry Yoghurt		Ice cream

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil Soup		Tomato Soup	Vegetable Soup
Chicken Strips Potato wedges & salad	Tomato pasta Meatballs & Garlic bread	Mince & mashed potato with green beans	Fish fingers Herby diced potato & vegetables	Hot dog Corn on the cob & salad
Veggie curry Wrap & rice	Quorn chilli Wrap & rice	Cheese panini Salad & Coleslaw	Tomato & veg pasta with 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 Wrap & rice	Bangers & mash beans	Fish & chips Peas	Roast Turkey dinner No Yorkshire pudding	Chicken Tikka wrap & Sweet potato wedges with corn
Tomato & Basil pasta with salad & crusty bread	Egg mayo roll with salad & coleslaw	Baked Potato with beans & cheese	Veggie burger Salad, coleslaw & potato	Margherita pizza Sweet potato wedges & corn
	Ice cream & fruit			Greek yoghurt strawberries

