

Gluten free menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
Tomato pasta G/F	Chicken curry & rice	Beef burger & Wedges G/F	Chicken & veg casserole	Fish & chips G/F
Jacket potato (Cheese)	Tuna sandwich G/F	Jacket potato (Beans)	Cheese sandwich G/F	Bean & veg chilli & rice
				Jacket potato (Cheese)
Yoghurt	Jelly	Yoghurt	Yoghurt	Yoghurt

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
Beans on Toast G/F	Spanish omelette & chips	Chicken goujons & wedges G/F	Cheesy pasta G/F	Fish & chip G/F
Neapolitan pasta G/F	Mince & mashed potato	Jacket potato (Beans)	Ham sandwich G/F	Stir fry Vegetables with rice
Jacket potato (cheese)	Tuna sandwich G/F			Jacket potato (Cheese)
Yoghurt	Yoghurt	Jelly	Yoghurt	Yoghurt

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
Cheesy beano G/F	Pasta Bolognaise G/F	G/F Fish fingers & potatoes	G/F Chicken goujons & wedges	G/F Fish & chips
Sweet potato curry & rice	Chicken sandwich G/F	Cheese sandwich G/F	Tomato pasta G/F	Vegetable risotto
Jacket potato (Cheese)			Jacket potato (Tuna)	Jacket potato (Beans)
Yoghurt	Jelly	Yoghurt	Yoghurt	Yoghurt