

Gluten Free Menu - Lunch Week 1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cottage Pie	Chicken A La King	Potato Topped Fishermans Pie	Roast Turkey	Poached Fish	Minced Beef & Potato Curry	Roast Pork
Cauliflower Cheese	Free Range Plain Omelette	Quorn & Mushroom Chilli	Cheese Leek & Potato Bake	Vegetable & Bean Cottage Pie	Macaroni Cheese	Cauliflower & Broccoli Pasta Bake
Poached Salmon	Cold Sliced Ham	Cold Sliced Turkey	Cold Sliced Ham	Cold Sliced Beef	Cold Sliced Ham	Peppered Mackerel
Gravy	Steamed White Rice	Steamed White Rice	Gravy	Gravy	Steamed White Rice	Gravy
Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad
Fresh Swede & Carrots Mix	Baked Beans	Sweetcorn	Broccoli Florets	Garden Peas		Brussels Sprouts
Garden Peas	Garden Peas	Broccoli Florets	Garden Peas	Baked Beans	Baked Beans	Fresh Baton Carrots
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Oven Baked Potato Wedges	Boiled New Potatoes	Jacket Potato	Roast Potatoes	Skin on Chip Potatoes	Jacket Potato	Roast Potatoes
Vanilla Sponge	Apple Crumble	Chocolate Sponge	Summer Fruit Crumble	Apple Crumble	Chocolate Sponge	
Fruit Cocktail in Natural Juice	Mandarins in Natural Juice	Apricots in Natural Juice	Peaches in Natural Juice	Mandarins in Natural Juice	Fresh Fruit Salad in Natural Juice	Pineapple Pieces in Natural Juice
Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream
Custard	Custard	Custard	Custard	Custard	Custard	Rice Pudding

Important This menu is for those following a gluten free diet. All items are produced together with our normal menus as these recipes are already free from ingredients containing gluten. Items that are on a **shaded background** are produced or sourced separately from our normal menu to ensure no ingredients containing gluten are used. *Issue 42 Autumn/Winter 19/20*