

# Gluten Free Menu - Supper Week 2



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tomato & Basil Soup	Roasted Butternut Squash Soup	Vegetable Soup	Parsnip & Potato Soup	Cream of Onion Soup	Carrot & Coriander Soup	Leek & Potato Soup
Orange Fruit Juice	Orange Fruit Juice	Orange Fruit Juice	Orange Fruit Juice	Orange Fruit Juice	Orange Fruit Juice	Orange Fruit Juice

A sandwich option is available on white bread, please choose from the following fillings:- Cheese, Tuna Mayo, Egg Mayo, Plain Egg, Cold Meat (As Available) with :- Pickle, Tomato, Cucumber, Salad

Pork Goulash	Savoury Minced Beef	Pork & Carrot Meatballs in Tomato & Basil Sauce	Braised Steak & Mushrooms	Red Tractor G/F Sausages in Onion Gravy	Chilli Con Carni	Chicken with Tomatoes & Mushrooms in Red Wine Sauce
Cauliflower Cheese	Quorn & Mixed Vegetables With GF Pancake	Lentil & Vegetable Casserole	Vegetable Risotto	Sweet & Sour Vegetables	Free Range Plain Omelette	Creamy Cheesy Vegetable Pie
Garden Peas	Fresh Sliced Carrots	Country Mixed Vegetables	Fresh Carrot & Swede Mix	Winter Vegetable Medley	Jacket Potato	Cauli, Broccoli & Baby Carrot Medley
Boiled Potatoes	Jacket Potato	Jacket Potato Wedges	Boiled Potatoes	Boiled Potatoes	Steamed White Rice	Boiled Potatoes
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Steamed White Rice	Seasonal Side Salad		Seasonal Side Salad	Steamed White Rice	Seasonal Side Salad	Baked Beans
Strawberry & Vanilla Swirled Mousse	Raspberry Ripple Mousse	Chocolate & Vanilla Swirled Mousse	Strawberry Mousse	Raspberry Ripple Mousse	Chocolate & Vanilla Swirled Mousse	Strawberry & Vanilla Swirled Mousse
Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt
Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream	Vanilla Ice Cream
Fresh Banana	Fresh Satsuma	Fresh Apple	Fresh Banana	Fresh Satsuma	Fresh Banana	Fresh Apple

**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*