



GLUTEN FREE DIET MENU

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lunch</b>	Cottage Pie & G/F Gravy	Roast Turkey	Ham & Pineapple	Sweet & Sour Chicken & Rice	Roast Turkey	G/F Sausages G/F Gravy	Chicken Breast in G/F gravy
	Cheese Omelette	Vegetable & Lentil Casserole	Poached Fish & tomato sauce	Nut Roast	Poached Fish & Tomato Sauce	Plain Omelette	Nut Roast
	Roast Turkey Salad	Gammon Ham Salad	Roast Turkey Salad	Gammon Ham Salad	Cheese Salad	Tuna Salad	Gammon Ham Salad
	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese
	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans
	Satsuma/Yogurt/Ice Cream	Banana/Yogurt/Ice Cream	Stewed Plums/Yogurt/Ice Cream	Apricots/Yogurt/Ice Cream	Peaches/Yogurt/Ice Cream	Apple/Yogurt/Ice Cream	Stewed Apple/Yogurt/Ice Cream
<b>Supper</b>	Gluten Free Soup	Gluten Free Soup	Gluten Free Soup	Gluten Free Soup	Gluten Free Soup	Gluten Free Soup	Gluten Free Soup
	Gluten Free Sandwich	Gluten Free Sandwich	Gluten Free Sandwich	Gluten Free Sandwich	Gluten Free Sandwich	Gluten Free Sandwich	Gluten Free Sandwich
	Nut Roast	G/F Sausages G/F Gravy	Cheese Omelette	Cauliflower Cheese	Corned Beef Hash	Chicken Curry & Rice	Poached Fish & Tomato sauce
	Roast Turkey Salad	Gammon Ham Salad	Roast Turkey Salad	Gammon Ham Salad	Cheese Salad	Tuna Salad	Gammon Ham Salad
	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese
	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans
	Peaches/Yogurt/Ice Cream	Mandarin/Yogurt/Ice Cream	Mixed Fruit Salad/Yogurt/Ice Cream	Peaches/Yogurt/Ice Cream	Mixed Fruit Salad/Yoghurt/Ice Cream	Mandarin/Yogurt/Ice Cream	Fruit Cocktail/Yogurt/Ice Cream

All main meals are served with vegetables and potatoes.  
 Gluten free cereals and porridge are available from the kitchen for breakfast service.  
 Gluten free bread is also available on request.