

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lunch</b>	Pork Chop	Chicken Curry & Rice	G/F Sausage Casserole	Beef Casserole	Poached Fish & Tomato Sauce	Chicken a la King & Rice	Roast Pork
	Vegetable & Bean Cottage Pie	Plain Omelette	Nut Roast	Vegetable Curry & Rice	Cauliflower Mexicana	Cheese & Tomato Omelette	Nut Roast
	Gammon Ham Salad	Tuna Salad	Gammon Ham Salad	Mackerel Salad	Gammon Ham Salad	Roast Turkey Salad	Cheese 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
	Apple/Yogurt/Ice Cream	Fruit Cocktail/Yogurt/Ice Cream	Banana/Yogurt/Ice Cream	Apple/Yogurt/Ice Cream	Apricots/Yogurt/Ice Cream	Peaches/Yogurt/Ice Cream	Stewed Apple and Sultanas/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
	Cheese & Tomato Omelette	Shepherd's Pie	Vegetable & Bean Cottage Pie	Chicken a la King & Rice	Plain Omelette	Beef Casserole	G/F Sausages in G/F Gravy
	Gammon Ham Salad	Tuna Salad	Gammon Ham Salad	Mackerel Salad	Gammon Ham Salad	Roast Turkey Salad	Cheese 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	Mandarins/Yogurt/Ice Cream	Mixed Fruit Salad/Yogurt/Ice Cream	Peaches/Yogurt/Ice Cream	Mixed Fruit Salad/Yogurt/Ice Cream	Mandarins/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.