

Gluten Free Menu - Supper Week 1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Butterbean & Leek Soup	Cream of Tomato Soup	Broccoli & Stilton Soup	Lentil & Vegetable Soup	Celery Soup	Spiced Carrot Soup	Sweet Potato & Red Pepper 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

Mexican Meatballs	Savoury Minced Lamb	Pork & Butterbean Casserole	Savoury Minced Beef	Chicken Korma	Gluten Free Sausages in Onion Gravy	Chicken Breast in Mushroom & White Wine Sauce
Quorn & Vegetable Hotpot	Cheese Leek & Potato Bake	Mushroom & Spinach Risotto	Vegetable Lasagne	Quorn Pieces in Tomato & Basil Sauce	Free Range Omelette	Sweet & Sour Vegetables
Garden Peas	Oven Baked Potato Wedges	Winter Vegetable Medley	Fresh Carrot & Swede Mix	Cauli, Broccoli & Baby Carrot Medley	Garden Peas	Whole Green Beans
Sweetcorn	Mixed Vegetables	Potato Hash Browns	Boiled Potatoes	Boiled Potato	Baked Beans	Potato Hash Browns
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Steamed White Rice	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Steamed White Rice	Boiled Potatoes	Steamed White Rice
Chocolate & Vanilla Swirled Mousse	Strawberry & Vanilla Swirled Mousse	Raspberry Ripple Mousse	Chocolate Mousse	Strawberry & Vanilla Swirled Mousse	Raspberry Ripple Mousse	Chocolate & 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*