

Gluten Free Menu - Lunch Week 2



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minted Minced Lamb Pie with a Potato Top	Chunky Vegetable & Chicken Casserole	Mariners Pie	Roast Turkey	Poached Fish	Chicken & Vegetable Hotpot	Roast Pork
Mild & Creamy Lentil, Tomato & Cauliflower Curry	Free Range Plain Omelette	Roasted Vegetable & Penne Pasta Bake	Cauliflower Cheese	Cheese, Leek & Potato Bake	Macaroni Cheese	Quorn Tikka Masala
Poached Salmon	Cold Sliced Ham	Cold Sliced Turkey	Cold Sliced Ham	Cold Sliced Beef	Cold Sliced Ham	Peppered Mackerel
Gravy	Jacket Potato		Gravy		Jacket Potato	Gravy
Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad
Fresh Carrot & Swede Mix	Fresh Diced Carrots	Broccoli Florets	Fresh Savoy Cabbage	Garden Peas	Sweetcorn	Brussels Sprouts
	Baked Beans	Garden Peas	Whole Green Beans	Baked Beans	Baked Beans	Fresh Baton Carrots
Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes	Creamed Potatoes
Steamed White Rice	Potato Hash Browns	Boiled New Potatoes	Roast Potatoes	Skin on Chip Potatoes	Boiled New Potatoes	Roast Potatoes
Vanilla Sponge	Apple Crumble	Chocolate Sponge	Summer Fruit Crumble	Apple Crumble	Chocolate Sponge	Steamed White Rice
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*