

GLUTEN FREE - WEEK TWO

w/c 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 21st Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Salmon Fillet With Wholegrain Rice	Jacket Potato with Topping Cheese / Beans / Tuna Mayo / Coleslaw	Roast Beef with Roast Potatoes and Gravy	Chipotle BBQ Pork with Mash	Fish Fillet with Chips
Vegetables	Sweet Chilli Broccoli Crunchy Salad	Red Slaw Stir Fry Greens	Carrots Cauliflower	Sweetcorn Chilli Beans	Garden Peas Red slaw
Desserts	Banana Custard Pot	Vanilla Ice Cream	Fresh Fruit Yoghurt	Vanilla & Coconut Rice Pudding	Seasonal Fruit Salad (fruit based)

GLUTEN FREE - WEEK ONE

w/c 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 7th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Jacket Potato with Topping Cheese / Beans / Tuna Mayo / Coleslaw	Bean and Vegetable Chilli with Spicy Rice	Twice Cooked Belly of Pork with Roast Potatoes and Gravy	Jacket Potato with Topping Cheese / Beans / Tuna Mayo / Coleslaw	Fish Fillet with Chips
Vegetables	Carrots Broccoli	Apple Slaw Sweetcorn	Pickled Red Cabbage Swede	Crunchy Salad Mixed Greens	Chilli Crushed Peas Houseslaw
Desserts	Rice Pudding Pot	Fresh Fruit Yoghurt	Strawberry Custard Pot	Fresh Fruit Yoghurt	Yoghurt with Warm Berry Compote

GLUTEN FREE - WEEK THREE

w/c 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 29th Feb

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Bangers and Mash	Butternut Squash and Chickpea Balti with Basmati Rice	Roast Turkey with Roast Potatoes and Gravy	Jacket Potato with Topping Cheese / Beans / Tuna Mayo / Coleslaw	Battered Fish with Chips
Vegetables	Cheesy Beans Sweetcorn	Coconut and Green Bean Stir Fry Raita	Seasonal Cabbage Carrots	Red Slaw Healthy Salad	Garden Peas
Desserts	Fruit Yoghurt	Mango Fool	Fruit Yoghurt	Fruit Yoghurt	Chocolate Custard Po