

Gluten-free menu

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot & coriander Soup	Lentil Soup	Tomato Soup	Leek & Potato Soup	Lentil Soup
Main meal 1	G/F Tomato Pasta	Chicken curry & rice	G/F Chicken burger & wedges	G/F Sausage & mash	G/F Fish & chips
Main meal 2		Sweet potato curry & rice			Omelette & chips
Main meal 3	Baked Potato with bean or cheese	Cheese or tuna g/f roll	Baked potato with cheese or tuna	G/F Cheese or ham sandwich	Cheese /Tuna sandwich
Veg/Sides	Broccoli / salad	Carrot /peas Salad	Sweetcorn /salad	Swede /salad	Peas /salad
Dessert	Yoghurt	Jelly	Ice cream	Yoghurt	Yoghurt

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable soup	Lentil soup	Leek & potato soup	Tomato soup	Lentil soup
Main meal 1	Beans on toast	G/F Chicken tenders	G/F Pasta Bolognese	Bubble salmon & potatoes	G/F Fish & chips
Main meal 2		Stir fried veg & rice	G/F veg meatballs pasta		
Main meal 3	Baked potato Beans/Coleslaw	Egg or ham G/F Sandwich	Baked potato with tuna or cheese	G/F cheese or chicken sandwich	G/F tuna or cheese sandwich
Veg /sides	Broccoli/salad	Sweetcorn /salad	Mixed veg/salad	Beans/salad	Peas/salad
Dessert	Yoghurt	Jelly	Yoghurt	Ice cream	Yoghurt

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil soup	Carrot & Coriander soup	Lentil soup	Leek & Potato soup	Tomato soup
Main meal 1	G/F Tomato pasta	BBQ chicken with wedges	Beef chilli with rice	Chicken curry & rice	G/F fish fingers & chips
Main meal 2				G/F cheesy beano	
Main meal 3	Baked potato Beans or cheese	G/F cheese or tuna sandwich	Baked potato with tuna or beans	G/F ham or cheese sandwich	Baked potato with beans or coleslaw
Veg/Sides	Green beans/salad	Broccoli/salad	Sweetcorn/Salad	Carrot/peas/ salad	Beans/salad
Dessert	Yoghurt	Yoghurt	Jelly	Frozen yoghurt	G/F oat cookie