

Gluten free menu choice

Week 1

Monday	soup	gluten free fish chips & peas	meringue cream and fruit
Tuesday	soup	pasta bolognaise (gluten free pasta)	fruit or yogurt
Wednesday	soup	baked potato with cheese or beans	fruit or yogurt
		Or stew baby potatoes & turnip	
Thursday	soup	turkey gluten free gravy mash & sprouts	fruit or yogurt
		Or gluten free pizza and chips	

Week 2

Monday	soup	gluten free macaroni cheese chips & peas	fruit or yogurt
		Or gluten free fish fingers chips & peas	
Tuesday	soup	chicken curry rice & mixed vegetables	fruit cups or yogurt
Wednesday	soup	roast beef gluten free gravy mash & gr'beans	ice cream fruit
		Or baked potato with tuna or coleslaw	or yogurt
Thursday	soup	corned beef stovies and broccoli	fruit or yogurt
		Or gluten free pizza chips & broccoli	

Week 3

Monday	soup	gluten free sausage mash & turnip	fruit or yogurt
Tuesday	soup	gluten free pasta & tomato sauce & sweetcorn	fruit or yogurt
Wednesday	soup	gluten free chilli con crane rice & broccoli	fruit smoothie
		Or baked potato with tuna or cheese	fruit or yogurt
Thursday	soup	gammon & pineapple rst potatoes & mixed veg	fruit or yogurt
		Or gluten free pizza rst potato & mixed vegetables	