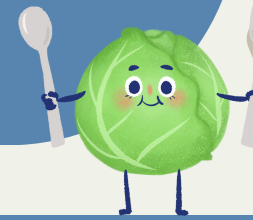


# GF Lunch Menu



Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
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**Option One**

Tangy Tomato Spaghetti GLUTEN FREE PASTA Chopped Salad (ve)	Rainbow Risotto Super Green Broccoli (ve)	Jacket Potato with Cheese (ve) and Chopped Salad	Jacket Potato with Tuna Mayo (ve) and Chopped Salad or Veg	Jacket Potato with Cheese (ve) and Chopped Salad or Veg
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**Option Two**

Jacket Potato with Cheese (ve) and Chopped Salad or Veg	Jacket Potato with Tuna Mayo (ve) and Chopped Salad or Veg	Roast Chicken Roast Potatoes Country Mixed Veggies Gravy	Cottage Pie with Beef Cut Green Beans	Tuna Sandwich on GF Bread with Oven Baked Chips and Chopped Salad
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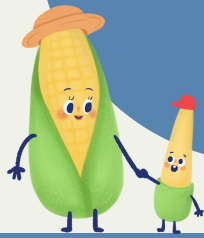
**Dessert**

Fruit Platter (ve)	Fruit Platter (ve)	Fruit Platter (ve)	Fruit Platter (ve)	Fruit Platter (ve)
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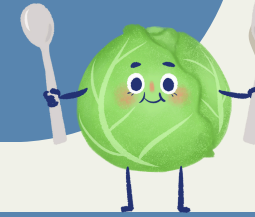


Chopped salad, and fresh fruit available daily to accompany meals!





# GF Lunch Menu



Week 2



Monday

Tuesday

Wednesday

Thursday

Friday

Option One

Tangy Tomato Spaghetti  
GLUTEN FREE PASTA  
Chopped Salad (ve)

Sunny Spanish Paella with Super Green Broccoli (ve)

Jacket Potato with Cheese (ve) and Chopped Salad or Veg

Jacket Potato with Tuna Mayo (ve) and Chopped Salad or Veg

Jacket Potato with Cheese (ve) and Chopped Salad or Veg

Option Two

Jacket Potato with Cheese (ve) and Chopped Salad or Veg

Jacket Potato with Tuna Mayo (ve) and Chopped Salad or Veg

Roast Chicken, and Mixed Country Veg with Mashed Potatoes and Gravy

Jacket Potato with Cheese (ve) and Chopped Salad or Veg

Tuna Sandwich on GF Bread with Oven Baked Chips and Chopped Salad

Dessert

Fruit Platter (ve)

Fruit Platter (ve)

Fruit Platter (ve)

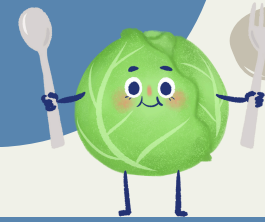
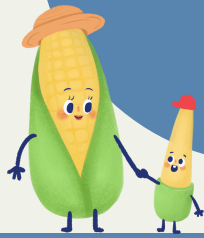
Fruit Platter (ve)

Fruit Platter (ve)



Chopped salad, and fresh fruit available daily to accompany meals!





## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Option One

Tangy Tomato Pasta  
**GLUTEN FREE PASTA**  
Sweetcorn (ve)

Cheese Sandwich on  
GF Bread with  
Chopped Salad

Jacket Potato with  
Cheese (ve) and  
Chopped Salad or Veg

Jacket Potato with  
Cheese (ve) and  
Chopped Salad or Veg

Cheese Sandwich on  
GF Bread with Oven  
Baked Chips and  
Chopped Salad

### Option Two

Jacket Potato with  
Cheese (ve) and  
Chopped Salad or Veg

Jacket Potato with  
Tuna Mayo (ve) and  
Chopped Salad or Veg

Roast Chicken  
Roast Potatoes  
Country Mixed Veggies  
Gravy

Tuna Sandwich on GF  
Bread with Chopped  
Salad

Jacket Potato with  
Tuna Mayo (ve) and  
Chopped Salad or Veg

### Dessert

Fruit Platter (ve)

Fruit Platter (ve)

Fruit Platter (ve)

Fruit Platter (ve)

Fruit Platter (ve)



Chopped salad, and fresh fruit available daily to accompany meals!

