

## Wheat, gluten, barley rye and oat free menu - April – October 2021

### ONLY ITEMS ON THIS MENU TO BE FED

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
WC 19/04, 10/05, 07/06, 28/06, 19/07, 13/09, 04/10	Vegetarian sausages, mashed potato and gravy	Chicken curry with a blend of brown and white rice	Bubble salmon	Roast beef	Battered fish chips and tomato ketchup
		Free range omelette with diced potatoes			
	Selection of vegetables	Selection of vegetables	Potato crispers, selection of vegetables	Selection of vegetables, roast potatoes and gravy	Baked beans or garden peas
	Ice cream, fruit smoothie	See desserts below	See desserts below	See desserts below	See desserts below
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
WC 26/04, 17/05, 14/06, 05/07, 30/08, 20/09, 11/10			Bubble salmon	Roast chicken	Battered fish
	Vegetarian sausages	Vegetable burger with homemade potato wedges		Vegetarian sausages	
	Selection of vegetables	Selection of vegetables	McCain crispers, Selection of vegetables	Roast potatoes, gravy, Selection of vegetables	Chips, tomato ketchup, baked beans or peas
	Ice cream, fruit smoothie	See desserts below	Homemade fruity frozen yoghurt	See desserts below	See desserts below
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
WC 03/05, 24/05, 21/06, 12/07, 06/09, 27/09, 18/10	Vegetable burger, diced potatoes	Beef burger (No roll)	Bubble salmon, diced potatoes		Battered fish, chips and tomato sauce
				Quorn fillet	
	Selection of vegetables	McCain crispers, Selection of vegetables	Selection of vegetables	Roast potatoes, gravy, Selection of vegetables	Chips, baked beans or peas
	Ice cream, fruit smoothie	See desserts below	See desserts below	See desserts below	See desserts below
Jacket potato	Cheese, baked beans, tuna mayonnaise, vegetarian sausages				
Picnic option (may be available upon request)	Gluten free bread only with ham, tuna mayonnaise or cheese, salad and dessert (see below)				
Items available daily	Salad, coleslaw				
Alternative desserts	Fresh fruit, yoghurt, fruit juice, jelly, whip, cheese portion (no crackers), fruit smoothie				