



WEEK 1 - GLUTEN FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Lentil & Bacon	Carrot & Coriander	Cream Of Mushroom & Leek	Chicken & Vegetable	Mexican Hotpot
MAIN COURSE 1	Hot Dog & Chips	Roast Gammon, Mash, Peas & Gravy	Chicken Nuggets, Potato Wedges & Beans	Meatball Pasta Bake	Fish Fingers, Chips & Peas
MAIN COURSE 2	Vegan Chilli Con Carne With Rice	Bombay Chicken & Rice	Teriyaki Beef & Rice	Cajun Vegetable Stir Fry	Chicken Curry With Rice