



WEEK 3 - GLUTEN FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Cream of Vegetable	Pea & Ham	Butternut Squash, Ginger & Coconut	Red Thai Chicken	Roasted Red Pepper, Tomato & Thyme
MAIN COURSE 1	Cajun Chicken, Roasted Vegetables & Tomato Sauce With Rice	Roast Pork, Stuffing, Mash Broccoli & Gravy	BBQ Pulled Pork, Roasted Peppers, Onions & Rice	Sausage, Mash & Carrots With Onion Gravy	Fish Fingers, Chips & Mushy Peas
MAIN COURSE 2	Roasted Courgette & Tomato Quiche	Cheesy Pasta Bake With Garlic Bread	Chicken Nuggets, Potato Wedges & Peas	Oriental Chicken & Rice Stir Fry	Chicken Curry With Rice