



WEEK 4 - GLUTEN FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Leek & Potato	Tomato & Basil	Spiced Bean	Chicken & Vegetable	Laksa, Carrot & Coconut
MAIN COURSE 1	Chicken & Roast Tomato Pasta Bake	Bombay Chicken With Rice	Chicken Nuggets, Crispy Potatoes & Carrots	Chicken & Leek Pie With Mashed Potato	Battered Haddock, Chips & Mushy Peas
MAIN COURSE 2	Beef, Carrot & Baby Potato Casserole	Beef Stir Fry With Rice	Cajun Vegetable Burrito with Potato Wedges	Chinese Oriental Style Beef With Rice	Chicken Curry With Rice (H, G.f)