

WEEK 1

Gluten Free Menu

Monday	Tuesday	Wednesday	Thursday	Friday
INDIAN Chicken Tikka Masala Wholegrain Rice * Peas	MEDITERRANEAN Turkey Meatball Pasta Bake* Broccoli	BRITISH Roast Beef Roast Potatoes (oil) Carrots & Cabbage	MEXICAN Chicken Tinga Tomato and Corn Rice Apple Slaw	BRITISH GF Breaded Fish Fillet Chips (oil) Baked Beans

SPEEDY ITALIAN
Available daily (upon request)

Margherita Pizza (v)

JACKET POTATO
Available daily (upon request)

Jacket Potato with Baked Beans, Cheese or Tuna Mayo
(Toppings are subject to availability)

WEEK 2

Gluten Free Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DEEP SOUTH DINER Louisiana Bean Pot</p> <p>Paprika Potato Wedges (no oil)</p> <p>Red Slaw</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with Piri Piri or Sticky Tabasco</p> <p>Pineapple Rice *</p> <p>Southern Greens</p>	<p>BRITISH Roast Pork</p> <p>Roast Potatoes (oil)</p> <p>Broccoli & Carrots</p>	<p>MEDITERRANEAN Bacon Pizza</p> <p>Sweetcorn</p>	<p>DEEP SOUTH DINER Chipotle BBQPork</p> <p>American Style Slaw</p> <p>Chips (oil)</p>

SPEEDY ITALIAN
Available daily (upon request)

Margherita Pizza (v)

JACKET POTATO
Available daily (upon request)

Jacket Potato with Baked Beans, Cheese or Tuna Mayo
(Toppings are subject to availability)

WEEK 3

Gluten Free Menu

Monday	Tuesday	Wednesday	Thursday	Friday
INDIAN Chicken Korma Wholegrain Rice * Corn on the Cob	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with Piri Piri or Sticky Tabasco House Slaw Pasta Salad *	BRITISH Roast Turkey Roast Potatoes (oil) Broccoli	WINGS & THINGS Bean and Vegetable Chilli Paprika Potato Wedges (no oil) Peas	BRITISH GF Breaded Fish Fillet Chips (oil) Baked Beans

SPEEDY ITALIAN
Available daily (upon request)

Margherita Pizza (v)

JACKET POTATO
Available daily (upon request)

Jacket Potato with Baked Beans, Cheese or Tuna Mayo
(Toppings are subject to availability)