

**Wednesday  
Lunch**

**GLUTEN FREE MENU**

Mark a  in the boxes next to the dishes you require with a black pen or pencil

- 1  BUILD UP SOUP (ALL FLAVOURS GLUTEN FREE)
- 2  GLUTEN FREE BREAD
- 3  BUTTER
- 4  LOW FAT SPREAD

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- 5  ROAST BEEF
- 6  POTATO TOPPED MIXED FISH PIE (THICKENED WITH CORNFLOUR)
- 7  LENTIL, CHICKPEA AND VEGETABLE BIRIYANI

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- 8  ROAST POTATOES
- 9  CREAMED POTATOES
- 10  BAKED PARSNIP
- 11  MIXED VEGETABLES

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- 12  TUNA SALAD
- 13  SLICED CHEDDAR CHEESE SANDWICH MADE WITH GLUTEN FREE BREAD

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- 14  RICE PUDDING
- 15  CUSTARD
- 16  PINEAPPLE IN LIME JELLY
- 17  VANILLA ICE CREAM
- 18  FRESH ORANGE

Name .....

Ward ..... Bay ..... Bed .....