



WEEK 1 GLUTEN & FREE MENU 2025

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



G/F Pork Sausage
Served with Mashed
Potato, Baked Beans
Or Seasonal vegetable
& Gravy

Mexican Spiced Chicken,
G/F Wrap Served with
Lightly spiced Rice,
Fresh Salsa & Sour
Cream

Minty Crispy Topped
Shepherds Pie
served with
Seasonal Vegetables

Roast Chicken
served with Roast
Potatoes, Carrots,
Broccoli and Gravy

G/F Bubble Coated Fish,
served with Chips,
Garden Peas or Baked
Beans & Ketchup



Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad



Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Making lunchtime the **highlight** of your day



WEEK 2 GLUTEN FREE MENU 2025

WEEKS: 10/11, 01/12, 05/01, 26/01, 23/02, 16/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Greek Style Chicken
G/F Wrap
Served with Baked
Cajun Wedges, Red
Onion & Tomato Salad

Beef Bolognaise
served with G/F Pasta,
Seasonal Vegetables or
Mixed Salad

Chicken Tikka
Served with
Rice

Roast Pork Lion served
with Roast Potatoes,
Carrots, Cabbage and
Gravy

G/F Bubble Coated Fish,
served with Chips,
Garden Peas or Baked
Beans & Ketchup



Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad



Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Making lunchtime the **highlight** of your day



WEEK 3 GLUTEN FREE MENU 2025

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Tikka Masala
Served with Pilau Rice
& Cucumber Rita

G/F Burger
Served with Baked Cajun
Wedges and
Beans

Cheese & Potato Pie
Served with Seasonal
Vegetables

Roast Gammon served
with Roast Potatoes,
Carrots, Broccoli and
Gravy

G/F Bubble Coated
Fish, served with
Chips, Garden Peas or
Baked Beans &
Ketchup



Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad



Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
G/F Cakes & Biscuits
Fruit Yogurt & Coulis
Fresh Fruit Pot

Making lunchtime the **highlight** of your day