

# Gluten Free Summer Dinner Menu Week One

w/c: 18<sup>th</sup> April, 9<sup>th</sup> May, 6<sup>th</sup> June, 27<sup>th</sup> June, and 18<sup>th</sup> July

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Gluten Free Pizza	Kickin' Chicken	All Day Breakfast with Gluten free sausage, bacon, scrambled egg, hash brown, beans, mushrooms and tomatoes	Gluten free pasta bolognaise with Broccoli	Omega 3 Bubble fish
<u>Sides</u>	Coleslaw, Potato salad and sweetcorn	Rice and green beans			Chips, peas and sweetcorn
<u>Alternative</u>	Tuna Gluten free pasta pot with cucumber and carrot sticks	Summer bean ragu with rice and green beans OR Jacket Potato with beans			Vegetable Frittata with chips, peas and sweetcorn
<u>Dessert</u>	Selection of desserts: Biscuits, fruit and yoghurts				

# Gluten Free Summer Dinner Menu Week Two

w/c: 25<sup>th</sup> April, 16<sup>th</sup> May, 13<sup>th</sup> June, and 4<sup>th</sup> July

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Gluten Free Pasta in a tomato and lentil sauce	Jacket Potato with beans	Roast Gammon	Gluten free pasta pot with tuna mayonnaise	Omega 3 Bubble fish
<u>Sides</u>			Roast potatoes, shredded cabbage, cauliflower and gluten free gravy	Cucumber and carrot sticks	Chips, peas or beans
<u>Alternative</u>					
<u>Dessert</u>	Selection of desserts: Biscuits, fruit and yoghurts				

# Gluten Free Summer Dinner Menu Week Three

w/c: 2<sup>nd</sup> May, 23<sup>rd</sup> May, 20<sup>th</sup> June, and 11<sup>th</sup> July

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Gluten Free Sausage	Sticky Chicken	Roast turkey	Gluten free pasta pot with tuna mayonnaise or tomato sauce	Omega 3 Bubble fish
<u>Sides</u>	Mashed potato, peas and sweetcorn	Gluten free pasta and green beans	Roast potatoes, carrots, broccoli and gluten free gravy	Cucumber and carrot sticks	Chips, beans or sweetcorn
<u>Alternative</u>	Jacket Potato with Cheese (dairy free available)	Ratatouille with gluten free pasta and green beans			Omelette with chips, beans or sweetcorn OR Jacket Potato with Cheese (dairy free available)
<u>Dessert</u>	Selection of desserts: Biscuits, fruit and yoghurts				