

Gluten free menu

Information

The items on this menu have been tested to be less than 20ppm of gluten and can be legally termed Gluten Free.

Breakfast

GF Cornflakes ♥ ★ V VG LP

GF Bread (or toasted) V LP

Snacks

GF Biscuits V

Starters

Fruit Juice ♥ V

Lighter options

Cheese & Roasted Tomato Roll with Mayo V

Rainbow Chickpea Salad V VG

Main courses

Spicy Bean Casserole ♥ V VG

Served with potato wedges, broccoli, peas and sweetcorn.

Provençale Vegetable Bake ♥ V VG

Courgette, haricot beans and peppers, topped with sauté potatoes served with green beans, peas and broccoli.

Cauliflower & Butterbean Curry ↑ V VG LP

Served with yellow rice.

Cheese, Onion, Leek & Potato Bake V LP

Served with mashed carrot, swede and green beans.

Fish in Parsley Sauce LP

Served with mashed potato, carrots, and green beans.

Chicken Curry LP

Served with rice.

Gammon with Pineapple LP

Served with diced fried potato, peas and pineapple ring.

Roast Lamb in Minty Gravy LP

Served with roast potatoes, minty green beans and peas.

Chilli Con Carne ♥ LP

Served with vegetable rice.

Desserts

Lemon Sponge ↑ ★ V LP

Jam Sponge ↑ ★ V LP

Stewed Apple & Custard ★ V

Raspberry Jelly ♥ ★ V VG

Orange Jelly (sugar free) ♥ ★ V VG

Thick & Creamy Yoghurt ★ V LP

Fresh Fruit ♥ V VG



Further information regarding nutritional content and food allergens is available upon request; please ask your Catering Team.

Menu codes

↑ Higher Energy

♥ Healthier Eating

★ Easy to Chew

V Vegetarian

VG Vegan

LP Low Potassium

