












SSPP Winter Menu 2019 Gluten Free

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Chicken Balti	Gluten Free Sausages	Roast Pork with gluten free gravy	Sweet and Sour Chicken 	Battered Haddock    
MAIN CHOICE 2					Chicken Bites 
VEGETARIAN CHOICE	Gluten Free Cheese, Tomato and Basil Pasta Bake  			Sweet Potato and Vegetable Chilli 	Gluten Free Cheese and Tomato Pizza 
JACKET POTATO SPECIAL		Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
POTATO / RICE	Rice	Creamed Potatoes	Roast and Mashed Potatoes	Rice	Chipped Potatoes cooked in oil used to cook battered products
UNLIMITED VEGETABLES	Garden Peas Garden Salad	Savoy Cabbage and Carrots	Fresh Steamed Broccoli Fresh Steamed Carrots	Fresh Seasonal Carrots Fresh Seasonal broccoli	Garden Peas Baked Beans Mushy Peas
UNLIMITED SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS		Chocolate Angel Delight 			
FRESH FRUIT / YOGURT	Fruit/ Fruit Salad Pots/Fruit Yoghurt	Fruit/ Fruit Salad Pots/Fruit Yoghurt	Fruit/ Fruit Salad Pots/Fruit Yoghurt	Fruit/ Fruit Salad Pots/Fruit Yoghurt	Fruit/ Fruit Salad Pots/Fruit Yoghurt
WATER AND FRUIT DRINKS	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.



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