







## Gluten Free SSPP Winter Menu 2019

| WEEK 2                           | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|----------------------------------|--|---|---|---|--|
| <b>MAIN CHOICE 1</b>             | Chicken Tikka Masala may contain nuts<br> | Homemade Italian meatballs with Tomato and Basil Sauce<br> | Steamed Chicken Breast with Gluten Free Gravy<br> | Baked Chicken Todays Style  |   |
| <b>MAIN CHOICE 2</b>             |  |   |   |   |  |
| <b>VEGETARIAN CHOICE</b>         |  |   |   |   | Gluten Free Cheese and Tomato Pizza<br> |
| <b>JACKET POTATO SPECIAL</b>     | Jacket Potato with Various Fillings  | Jacket Potato with Various Fillings   | Jacket Potato with Various Fillings   | Jacket Potato with Various Fillings   | Jacket Potato with Various Fillings  |
| <b>POTATO / RICE</b>             | Steamed Rice   | Gluten Free Pasta   | Roast and Mashed Potatoes   | Potato Wedges   | Chipped Potatoes   |
| <b>UNLIMITED VEGETABLES</b>      | Garden Peas  | Mixed Vegetables  | Broccoli and Cauliflower Florets<br>Steamed Carrots   | Cob on the Cob  | Garden Peas<br>Baked Beans<br>Mushy Peas   |
| <b>UNLIMITED SEASONAL SALADS</b> | 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  |
| <b>DESSERTS</b>                  |  | Butterscotch Angel Delight with Cream<br>                |   |   |  |
| <b>FRESH FRUIT / YOGURT</b>      | 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  |
| <b>WATER AND FRUIT DRINKS</b>    | 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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