











## Gluten Free SSPP Winter Menu 2019

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICE 1</b>	<b>Chicken Korma</b> *contains coconut and maybe nuts 	<b>Spaghetti Bolognese</b> 	<b>Roast Turkey and gluten free gravy</b>	<b>Singapore Rice Noodles</b> 	
<b>MAIN CHOICE 2</b>				<b>served with prawn crackers</b> 	
<b>VEGETARIAN CHOICE</b>					<b>Gluten Free Cheese and Tomato Pizza</b> 
<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 Baked Potato Wedges	Gluten Free Pasta	Roast Potatoes New Potatoes	Steamed Rice Rice Noodles	Chipped Potatoes
<b>UNLIMITED VEGETABLES</b>	Peas and Sweetcorn Baked Beans	Mixed Vegetables	Fresh Steamed Broccoli Fresh Steamed Carrots	 <b>Chinese Vegetable Chop Suey</b>	Garden Peas Baked Beans 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>		<b>Strawberry Angel Delight and Cream</b> 		<b>Jelly and Cream</b> 	
<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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