

Holy Family Summer April - July 2023

Free From Gluten Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week1 Week starting: 17 April / 08 May / 05 June / 26 June / 17 July	MAIN COURSE	Gluten Free Pasta Pot with choice of toppings	Chicken Fillet with rice	Roast British Chicken with roast potatoes & gravy	Quorn Fillet with potato wedges	Gluten Free Fish Fingers with oven chips
	SIDES		Vegetables or salad	Vegetables	Salad	Vegetables
	DESSERT	Gluten Free Shortbread	Gluten Free Muffin	Jelly	Fruit	Selection of Desserts to include Fruit
Week2 Week starting: 24 April / 15 May / 12 June / 03 July	MAIN COURSE	Gluten Free Pasta Bake	Gluten Free Pasta Bolognese	Roast British Beef with roast potatoes & gravy	Jacket Potato	Gluten Free Fish Fingers with oven chips
	SIDES	Vegetables	Vegetables	Vegetables	Salad	Peas
	DESSERT	Fruit	Jelly	Gluten Free Chocolate Muffin	Gluten Free Shortbread	Selection of Desserts to include Fruit
Week3 Week starting: 01 May / 22 May / 19 June / 10 July	MAIN COURSE	Jacket Potato	Burger with Mash	Chicken Breast with roast potatoes & gravy	Gluten Free Pasta Pot	Gluten Free Fish Fingers with potato wedges
	SIDES	Beans	Vegetables	Vegetables	Vegetables	Baked Beans
	DESSERT	Gluten Free Muffin	Fruit	Gluten Free Iced Cake	Jelly	Selection of Desserts