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 Use Fresh Herbs & Spices
 Only gluten & Wheat free prescription bread to be used.

Spring/Summer 2014 Primary School Week 1

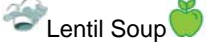
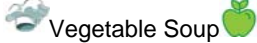
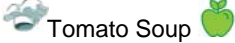
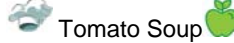
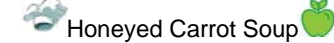
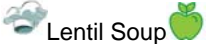

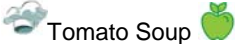


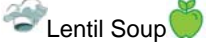
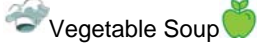
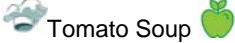
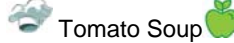
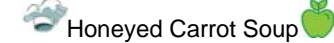
**WHEAT FREE DIET MENU
 APRIL – OCTOBER 2014**

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red Tray	 Tomato Soup.  Fruit or Yoghurt	 Lentil Soup  Cold Meat with Chips & Cucumber & Carrot Ribbons Fruit Jelly and Ice Cream Or Fruit Or Yoghurt	 Split Pea Soup   Chicken Korma with Rice Fruit Or Yoghurt	 Lentil Soup  Fruit Or Yoghurt	 Lentil Soup  Cold Meat with Chips and Peas Fruit Or Yoghurt
Blue Tray	 Tomato Soup.  Fruit or Yoghurt	 Lentil Soup  Jacket Potato with a Variety of Fillings and Side Salad  Fruit Jelly and Ice Cream or Yoghurt or Fruit	 Split Pea Soup  Fruit Or Yoghurt	 Lentil Soup  Jacket Potato with a Variety of Fillings and Side Salad  Fruit Or Yoghurt	 Lentil Soup  Fruit Or Yoghurt
Green Tray	 Tomato Soup.   Egg Mayonnaise Salad  Yoghurt or Fruit	 Lentil Soup  Fruit Jelly and Ice Cream or Yoghurt or Fruit	 Split Pea Soup  Ham Salad Yoghurt or Fruit	 Lentil Soup  Tuna Mayonnaise Salad Yoghurt or Fruit	 Lentil Soup  Ham Salad Yoghurt or Fruit

Use cornflour to thicken sauces & gravy
 Use Fresh Herbs & Spices
 Only gluten & Wheat free prescription bread to be used.

Spring/Summer Week 2






































WHEAT FREE DIET MENU
APRIL – OCTOBER 2014

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red Tray	 Lentil Soup Cold Meat with Chips and Baked Beans Yoghurt or Fruit	 Vegetable Soup Frozen Yoghurt or Yoghurt or Fruit	 Tomato Soup Homemade Beef Burger (burger made with no breadcrumbs and no roll) with chips and a Tomato and Cucumber Salad in a Basket Seasonal Fruit Bag or Yoghurt or Fruit	 Tomato Soup Homemade Fishcakes with Crusty Bread and Seasonal Vegetables (do not use breadcrumbs or flour) Yoghurt or Fruit	 Honeyed Carrot Soup Sweet and Sour Chicken with Rice Yoghurt or Fruit
Blue Tray	 Lentil Soup Jacket Potato with a Variety of Fillings and Side Salad Yoghurt or Fruit	 Vegetable Soup Cheese Salad and Coleslaw Frozen Yoghurt or Yoghurt or Fruit	 Tomato Soup Jacket Potato with a Variety of Fillings and Side salad Seasonal Fruit Bag or Yoghurt or Fruit	 Tomato Soup Yoghurt or Fruit	 Honeyed Carrot Soup Jacket Potato with a Variety of Fillings and Side Salad Yoghurt or Fruit
Green Tray	 Lentil Soup Turkey Salad Yoghurt or Fruit	 Vegetable Soup Tuna Mayonnaise Salad Frozen Yoghurt or Yoghurt or Fruit	 Tomato Soup Ham Salad Seasonal Fruit Bag or Yoghurt or Fruit	 Tomato Soup Yoghurt or Fruit	 Honeyed Carrot Soup Cheese Salad Yoghurt or Fruit

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Week 3

WHEAT FREE DIET MENU
APRIL – OCTOBER 2014

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red Tray	 Split Pea Soup  Plain Fish with Potato Wedges and Peas Yoghurt or Fruit	 Lentil Soup   Lorne Style Sausage with Chips and Baked Beans (made using no breadcrumbs) Ice Cream and Sauce or Yoghurt or Fruit	 Tomato Soup  Yoghurt or Fruit	 Lentil Soup   Sticky Chicken Strips with Cous Cous & Rainbow Salad Yoghurt or Fruit	 Roasted Vegetable Soup   Chicken Korma with Rice Yoghurt or Fruit
Blue Tray	 Split Pea Soup  Jacket Potato with a Variety of Fillings and Side Salad  Yoghurt or Fruit	 Lentil Soup   Chicken Fried Rice Pot with Homemade Curry Sauce Ice Cream and Sauce or Yoghurt or Fruit	 Tomato Soup  Yoghurt or Fruit	 Lentil Soup  Jacket Potato with a Variety of Fillings and Side Salad  Yoghurt or Fruit	 Roasted Vegetable Soup  Yoghurt or Fruit
Green tray	 Split Pea Soup  Ham Salad Yoghurt or Fruit	 Lentil Soup  Tuna Mayonnaise Salad Ice Cream and Sauce or Yoghurt or Fruit	 Tomato Soup  Egg Mayonnaise Salad  Yoghurt or Fruit	 Lentil Soup  Turkey Salad Yoghurt or Fruit	 Roasted Vegetable Soup  Cheese Salad Yoghurt or Fruit

