

# No Gluten Menu

No gluten containing ingredients

## Appetisers

---

Fruit juice **V**

Tomato soup **V**

Vegetable soup **V**

## Mains

---

Minted lamb casserole,  
boiled potatoes &  
garden peas

Salmon & pasta in  
cheese sauce, diced  
carrots & broccoli

Beef cottage pie, garden  
peas & diced carrots

Cheese & potato  
bake, diced carrots  
& green beans **V**

Pork & apple casserole,  
mashed potato &  
green beans

Vegetable gratin, green  
beans & sweetcorn **V**

Hunters chicken,  
sweetcorn & new potatoes

Turkey in gravy,  
new potatoes, diced  
carrots & broccoli

Fishermans pie, garden  
peas & diced carrots\*

Fish in parsley  
sauce, mashed  
potato & broccoli\*



\* This dish is MSC certified  
Please note: fish dishes  
may contain bones

patientdining

by *sodexo*

## Sandwiches

---

Ham

Egg **V**

Tuna

Beef

## Jacket Potatoes

---

Jacket potato served with one of the following fillings

Grated cheese **V**

Baked beans **V**

Information on the allergen content of our foods can be obtained from the catering department.

## Desserts

---

Rice pudding **V**

Fruit crumble & custard **V**

Vanilla sponge & custard **V**

Warm fruit compote **V**

Raspberry jelly

Piece of fresh fruit **V**

Fruit yoghurt **V**

Vanilla Ice cream **V**



**VEGETARIAN** Suitable for lacto-ovo vegetarians, who eat both eggs and dairy products, but exclude all meat, poultry, seafood and products derived from these (e.g. gelatine and rennet).

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
**MSC**  
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery