

NO GLUTEN / NO MILK MENU

No gluten or milk containing ingredients

APPETISERS

Tomato soup **v**

Vegetable soup **v**

Fruit Juice **v**

MAINS

Fish in soya parsley sauce

Roast beef in gravy

Roast turkey in gravy

Roast pork in gravy

Chicken in gravy

Soya chilli con carne **v**

Jacket potato & tuna

Jacket potato &
baked beans **v**

Plain ham plated salad

Plain egg plated salad **v**

SANDWICHES

Beef

Ham

Tuna

Egg **v**

SIDES

Mashed potato **v**

Chipped potatoes **v**

Boiled rice **v**

Side salad **v**

Vegetable of the day **v**

DESSERTS

Soya rice pudding **v**

Fruit crumble &
soya custard **v**

Carrot cake & soya
custard **v**

Warm fruit compote **v**

Fruit jelly

Piece of fresh fruit **v**

Frozen smoothie
dessert **v**



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

V

VEGETARIAN