

NO GLUTEN MENU

No gluten containing ingredients

APPETISERS

Tomato soup **v**

Vegetable soup **v**

Fruit juice **v**

MAINS

Lamb & mint casserole

Beef cottage pie

Pork & apple casserole

Chicken in bbq sauce

Turkey in gravy

Fishermans pie*

Salmon & pasta in
cheese sauce

Cheese & potato bake **v**

Vegetarian cottage pie **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**

Boiled potatoes

Chipped potatoes **v**

Side salad **v**

Vegetable of the day **v**



* This dish is MSC certified

Please note: fish dishes may contain bones

DESSERTS

Semolina **v**

Fruit crumble & soya custard **v**

Carrot cake & soya custard **v**

Warm fruit compote **v**

Fruit jelly

Piece of fresh fruit **v**

Vanilla ice cream **v**

Fruit yogurt **v**



V

VEGETARIAN

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

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