

Special Diet Menu

The Hungry Tree

All Dishes Gluten and Dairy Free

w/b 2 Sep, 23
Sep, 14 Oct,
11 Nov, 2 Dec

Monday

Spinach, Lentil and Chickpea Curry and Rice (C) Sul

Tuesday

Gluten Free Sausage and Mash Served with Veg (Sul)

Wednesday

Gluten Free Tomato and Basil Pasta Served with Veg (S) (sul) (C)

Thursday

Roast Chicken, Roast Potatoes, Vegetables and Gluten Free Gravy

Friday

Gluten Free Salmon Fish Fingers with Chips and Veg (F)

w/b 9 Sep,
30 Sept 21
Oct, 18 Nov,
19 Dec

Monday

Jacket Potato with Ham

Tuesday

Gluten and Dairy Free Tomato Pizza served with Potato Wedges

Wednesday

Roast Gammon served with Roast Potatoes, Veg and Gluten Free Gravy

Thursday

Chicken and Vegetable Stir Fry

Friday

Vegetable and lentil Cottage Pie (sul) (C)

w/b 16 Sep,
7 Oct, 4
Nov, 25 Nov,
16 Dec

Monday

Beef Meatballs in a Tomato Sauce served with Rice (Sul) (C)

Tuesday

Cottage Pie Served with Veg (Sul) (C)

Wednesday

Roast Pork served with Roast Potatoes, Veg and Gluten Free Gravy

Thursday

Potato Boats Loaded with Cheese and Salsa (M)

Friday

Jacket Potato and Beans

Allergens: Contains (N) Nuts; (P) Peanuts; (M) Milk; (S) Soya; (Mus) Mustard; (L) Lupin; (E) Eggs; (F) Fish; (SF) Shellfish; (G) Gluten; (SS) Sesame Seeds; (C) Celery; (Sul) Sulphur Dioxide or Sulphites; (Cru) Crustaceans; (Mol) Molluscs

