

# Hounslow October 2017 Menu

## Gluten Free Week 1 -PARENT



	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Mild Vegetable Chilli with Wholemeal rice	Chicken Makhani & Basmati Rice	Roast Chicken with Roast Potatos and Gravy	Chilli Con Carne with Brown Rice	GF Fish Fingers with Mashed Potatoes
Vegetables	Green Beans Sweetcorn	Swede Baked Beans	Carrots Cabbage	Broccoli Baked Beans	Green Beans Sweetcorn
Salad	Seasonal Salad Selection				
Desserts	Fresh Fruit	Raisins & Sultanas	Muller Yoghurt	Peaches with Custard	Fresh Fruit



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## Gluten Free Week 2 –Parent



	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Boston Bean Casserole with Rice	Roasted Vegetable Pasta	Roast Chicken with Roast Potato and Gravy	Lamb Shepherds Pie	GF Fish Fingers with Potato Wedges
Vegetables	Green Beans Carrots	Broccoli Sweetcorn	Carrots Cauliflower	Sweetcorn Cabbage	Peas Baked Beans
Salad	Seasonal Salad Selection				
Desserts	Chocolate Custard Pot	Jelly Pot	Raisins & Sultanas	Muller Yoghurt	Fresh Fruit



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## Gluten Free Week 3 -PARENT



	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Tomato, Vegetable Herby Pasta	Mild Vegetable Curry with Rice	Roast Chicken with Roast Potatoes and Gravy	Jacket Potato with Cheese	GF Fish Fingers with Mashed Potato
Vegetables	Sweetcorn Peas	Baked Beans Green Beans	Cabbage Sweetcorn	Carrots Baked Beans	Peas Carrots
Salad	Seasonal Salad Selection				
Desserts	Muller Yoghurt	Raisins & Sultanas	Fresh Fruit	Rice Pudding with Pineapple	Strawberry Custard Pot

