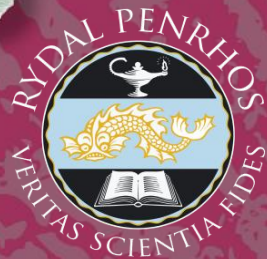




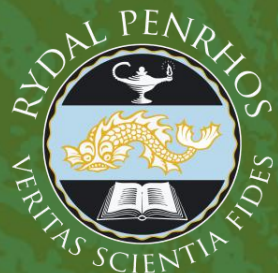
WEEK 1 SNR GLUTEN FREE LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	CHICKEN MEATBALLS TOMATO SAUCE	CHILI ORANGE & MINT BAKED CHICKEN	ROAST PORK GF STUFFING	KOREAN BBQ CHICKEN GF WRAP	GF JUMBO FISH FINGER
SIDES	CORN ON THE COB CAULIFLOWER	POTATOES GREEK N BEANS CARROT S	ROAST POTATO BROCCOLI PEAS	ROAST BUTTERNUT SQUASH SWEETCORN	TRIPPLE COOKED CHIPS PEAS BEANS
JACKET/PASTA BAR	JACKET POTATO BEANS CHEESE	GF PASTA	GF PASTA	JACKET POTATO BEANS CHEESE	GF PASTA
DESSERT	CARROT & ORANGE SMOOTHIE	GF BANANA & CARAMEL PANCAKES	GF APPLE & PEAR CRUMBLE & CUSTARD	GF PLAIN SPONGE & TOFFEE SAUCE	GF COOKIES
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					



WEEK 2 SNR GLUTEN FREE LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	GF BEEF CHILI NACHOS	GF BUTTERMILK CHICKEN	GF BRUNCH	CRISPY DUCK/CHICKEN GF WRAPS	BAKED SALMON CHIMICHURRI
SIDES	TORTILLA CHIPS CAULIFLOWER BAKED ZUCCHINI	MAC 'N' CHEESE CORN ON COB BROCCOLI	HASH BROWN BEANS TOMATO MUSHROOMS FRIED EGG	PAC CHOI & EDAMAME LOTUS ROOT	LEMON & HERB RICE STIR FRY GREEN BEANS AND SAMPHIRE
JACKET/PASTA BAR	GF PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	GF PASTA CHEESE SAUCE	GF PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE
DESSERT	GF CHOCOLATE CAKE LIME CURD CREAM	GF CARMEL BROWNIE	GF SPRINKLE CAKE PEACHES	GF ORANGE, CARDAMON & GINGER PUDDING	GF FRUIT CRUMB BARS
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION					



WEEK 3 SENIOR GLUTEN FREE LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP					
CLASSIC	GF PIZZA	GF PORK SAUSAGE PEAR & APPLE CHUTNEY	GAMMON EGG CHEESE SAUCE	GF BRAISED LAMB MASALA	GF COD TACO
SIDES	CORN ON THE COB GREEN BEANS	MASH GREEN BEANS CARROTS GRAVY	SOYA & BEAN STEAK CHARED PINEAPPLE EGG	PILAU RICE ROT SWEETCORN	POTATO PUFFS PEAS BEANS
JACKET/PASTA BAR	GF PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	GF PASTA CHEESE SAUCE	JACKET POTATO BEANS CHEESE	GF PASTA CHEESE BEANS
DESSERT	GF FRUIT & COCONUT CAKE	GF CHOCOLATE & ORANGE CAKE	GF APPLE & APRICOT STRUDEL	GF LEMON DRIZZLE	GF CARAMEL BROWNIE
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				