

**Friday  
Lunch**

**GLUTEN FREE MENU**

Mark a  in the boxes next to the dishes you require with a black pen or pencil

- 1  BUILD UP SOUP (ALL FLAVOURS GLUTEN FREE)
- 2  GLUTEN FREE BREAD
- 3  BUTTER
- 4  LOW FAT SPREAD

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- 5  IRISH STEW (LAMB) (NO PEARL BARLEY)
- 6  POACHED WHITE FISH
- 7  CHEESE OMELETTE

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- 8  CHIPPED POTATOES
- 9  CREAMED POTATOES
- 10  PEAS
- 11  CARROTS

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- 12  ROAST BEEF SALAD
- 13  EGG SANDWICH MADE WITH GLUTEN FREE BREAD

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- 14  STEWED RHUBARB
- 15  CUSTARD
- 16  APRICOTS IN ORANGE JELLY
- 17  VANILLA ICE CREAM
- 18  FRESH BANANA

Name.....

Ward .....Bay .....Bed .....