

**Saturday
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

- 5 BRAISED MINCE PORK WITH APPLE AND SAGE
- 6 PIECE OF ROAST CHICKEN
- 7 JACKET POTATO WITH BAKED BEANS

- 8 SAUTE POTATOES
- 9 CREAMED POTATOES
- 10 BOILED RICE
- 11 CABBAGE
- 12 CARROT & SWEDE MASH

- 13 EGG SALAD WITH A RICE AND PEPPER SALAD
- 14 CHICKEN SANDWICH MADE WITH GLUTEN FREE BREAD

- 15 CUSTARD
- 16 VANILLA ICE CREAM
- 17 FRUIT FLAVOURED JELLY
- 18 FRESH ORANGE

Name.....
Ward Bay Bed