**Vale Catering Services**

[***www.valeofglamorgan.gov.uk***](http://www.valeofglamorgan.gov.uk/)

**Primary Gluten Free Menu 2018**

***Spring/Summer***

 **Week commencing** **16.4.18, 14.5.18, 18.6.18, 16.7.18**

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| Week 1 Monday | Tuesday | Wednesday | Thursday | Friday |
| Chicken Tikka Masala served with Rice & Seasonal VegetablesFresh Fruit orIce Cream & Fruit Slices | Reduced Fat Sausages in Gravy served with Mashed Potato & Seasonal VegetablesFresh Fruitor Yoghurt & Fruit Slices | Homemade Bolognaise Sauce served with Rice & Seasonal VegetablesFresh Fruit or Chocolate Cake & Chocolate Sauce | Roast Pork served withBoiled & Roast Potatoes, SeasonalVegetables & Gravy Fresh Fruit or Ice Cream &Fruit Slices | Fillet of Fish or Salmon & Cod Fishcake served with Chipped Potatoes, Baked Beans & Seasonal SaladFresh Fruit Medley |
|  **Week commencing** **23.4.18, 21.5.18, 25.6.18, 3.9.18, 1.10.18**Week 2 |
| Sliced Ham served with Jacket Wedges & Baked BeansFresh Fruit or Fruit Slices &Custard Sauce | Chicken Fillet served withSavoury Rice, Carrots & Green Beans (Gravy Optional) Fresh Fruit or Ice Cream & Fruit Slices | Homemade Cheese & Potato Pie served with Baked Beans& Seasonal SaladFresh Fruit or Flapjack & Custard Sauce | Roast Topside of Beef served with Boiled & Roast Potatoes, Seasonal Vegetables & GravyFresh Fruit orIce Cream & Fruit Slices | Fillet of Fish served with Mashed Potatoes, Baked Beans & Seasonal SaladFresh Fruit or Chocolate Cake& Custard Sauce |
|  **Week commencing** **30.4.18, 4.6.18, 2.7.18, 10.9.18, 8.10.18**Week 3 |
| Chicken Korma served with Rice & Seasonal VegetablesFresh Fruit or Fruit Slices & Custard Sauce | All Day Breakfast including Bacon & Eggs served with Sauté Potatoes, Baked Beans & Tomato  Fresh Fruit or Fruit Slices &Yoghurt | Homemade Bolognaise Sauce served with Rice & Seasonal SaladFresh Fruit or Flapjack & Fruit Slices | Roast Turkey in a Rich Gravy Sauce served with Boiled & Roast Potatoes & SeasonalVegetablesFresh Fruit or Ice Cream &Fruit Slices | Salmon & Cod Fishcake served with Chipped Potatoes & Baked Beans or Peas & SaladFresh Fruit or Chocolate Cake& Chocolate Sauce |
|  **Week commencing 7.5.18, 11.6.18, 9.7.18, 17.9.18, 15.10.18** Week 4Week 4 |
| Chicken Fillet served with Jacket Wedges, Sweetcorn & Peas (Gravy Optional)Fresh Fruit or Fruit Slices& Custard Sauce | Roast Gammon served with Mashed Potato, Peas & Carrots (Gravy Optional)Fresh Fruit or Fruit Slices & Yoghurt | Homemade Chicken Curry served with Rice, Broccoli & Carrots Fresh Fruit or Chocolate Cake& Custard Sauce | Roast Topside of Beef in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal VegetablesFresh Fruit orIce Cream & Fruit Slice | Salmon & Cod Fishcake served with Chipped Potatoes, Baked Beans or Green BeansFresh Fruit or Flapjack with Fruit Slices |
| * **Use Middleton’s Gluten Free Flapjack and Chocolate Cake Mix (Castell Howell)**
* **Do NOT use flour (use Corn flour to thicken)**
* **Do NOT use Stock Cube**
* **Use Traditional Ham NOT Honey Glazed Ham**
* **ONLY use Knorr Gravy Granules (Gluten Free)**
* **Individual Yoghurts may be purchased for this menu**
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