

**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 Vegetables  Fresh Fruit  or  Ice Cream & Fruit Slices | Reduced Fat Sausages in Gravy served with Mashed Potato & Seasonal Vegetables  Fresh Fruit  or Yoghurt & Fruit Slices | Homemade Bolognaise Sauce served with Rice & Seasonal Vegetables  Fresh Fruit or Chocolate Cake  & Chocolate Sauce | Roast Pork served with  Boiled & Roast Potatoes, Seasonal  Vegetables & Gravy  Fresh Fruit or Ice Cream &  Fruit Slices | Fillet of Fish or Salmon & Cod Fishcake served with  Chipped Potatoes, Baked Beans  & Seasonal Salad  Fresh 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 Beans  Fresh Fruit or Fruit Slices &  Custard Sauce | Chicken Fillet served with  Savoury Rice, Carrots & Green Beans (Gravy Optional)  Fresh Fruit or Ice Cream  & Fruit Slices | Homemade Cheese & Potato Pie served with Baked Beans  & Seasonal Salad  Fresh Fruit or Flapjack &  Custard Sauce | Roast Topside of Beef served with Boiled & Roast Potatoes, Seasonal Vegetables & Gravy  Fresh Fruit or  Ice Cream & Fruit Slices | Fillet of Fish served with Mashed Potatoes, Baked Beans & Seasonal Salad  Fresh 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 Vegetables  Fresh 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  Salad  Fresh Fruit or Flapjack &  Fruit Slices | Roast Turkey in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal  Vegetables  Fresh Fruit or Ice Cream &  Fruit Slices | Salmon & Cod Fishcake served with Chipped Potatoes & Baked Beans or Peas & Salad  Fresh Fruit or Chocolate Cake  & Chocolate Sauce |
| **Week commencing 7.5.18, 11.6.18, 9.7.18, 17.9.18, 15.10.18**  Week 4  Week 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 Vegetables  Fresh Fruit or  Ice Cream & Fruit Slice | Salmon & Cod Fishcake served with Chipped Potatoes, Baked Beans or Green Beans  Fresh 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** | | | | |