

NOVEMBER 2024
GLUTEN FREE MENU



| | | | | | FRIDAY 1ST |
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| | | | | |  |
| MONDAY 4TH | TUESDAY 5TH | WEDNESDAY 6TH | THURSDAY 7TH | FRIDAY 8TH | |
| LUNCH | TOMATO AND OLIVE SALAD GLUTEN FREE PASTA WITH SPINACH PESTO FRENCH OMELETTE(3) SEASONAL FRUIT | PUMPKIN SOUP HAKE ROASTED WITH GARLIC AND PARSLEY (4) ROAST POTATOES SEASONAL FRUIT | APPLE SALAD CHICKEN TIKKA MASSALA QUINOA WITH CARROTS YOGURT (7) | CHICKPEA HUMMUS WITH VEGGIE STICKS MIXED PAELLA (2,4,14) SEASONAL FRUIT | GLUTEN FREE SOUP GLUTEN FREE BREADED BEEF GREEN BEANS AND POTATOES SEASONAL FRUIT |
| SUPPER | Gluten free chicken croquettes and vegetables seasonal fruit | French omelette with rice and peas seasonal fruit | Grilled sea bass with broccoli and potatoes seasonal fruit | Gluten free Mexican burritos with veggies seasonal fruit | Grilled cod with rice and salad seasonal fruit |
| MONDAY 11TH | TUESDAY 12TH | WEDNESDAY 13TH | THURSDAY 14TH | FRIDAY 15TH | |
| LUNCH | BEAN STEW WITH VEGETABLES GRILLED SALMON WITH TOMATO AND VEGAN CREAM SAUCE (4) MASHED POTATO SEASONAL FRUIT | CARROT AND GINGER CREAM SOUP TURKEY GOULASH WHITE RICE SEASONAL FRUIT | GREEN SALAD GLUTEN AND LACTOSE FREE BEEF LASAGNA VANILLA PUDDING (7) | MIXED SALAD GLUTEN FREE BREADED FISH AND CHIPS (1,4) SEASONAL FRUIT | MALLORCAN CHICKPEA SALAD ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY QUINOA AND STEAMED BROCCOLI(1) SEASONAL FRUIT |
| SUPPER | Quinoa salad with a boiled egg seasonal fruit | Grilled fish with zucchini and potatoes seasonal fruit | Rice soup and chicken with cabbage seasonal fruit | Salad with brad and vegan sobrasada seasonal fruit | Grilled seabrim with green beans and carrots seasonal fruit |
| MONDAY 18TH | TUESDAY 19TH | WEDNESDAY 20TH | THURSDAY 21ST | FRIDAY 22ND | |
| LUNCH | CAULIFLOWER AND COCONUT CREAM SOUP GLUTEN FREE PASTA NAPOLITANA SCRAMBLED EGGS (3) SEASONAL FRUIT | VEGAN SOUP WITH GLUTEN FREE NOODLES TUNA BURGER (3,4) SAUTEED PEAS AND CARROTS SEASONAL FRUIT | GLUTEN FREE NACHOS WITH GUACAMOLE (1) CHILLI CON CARNE BASMATI RICE GLUTEN AND LACTOSE FREE FLAN | GREEK SALAD (7) PEPPERED CHICKEN QUINOA WITH VEGETABLES SEASONAL FRUIT | SALAD GLUTEN AND LACTOSE FREE PIZZA SEASONAL FRUIT |
| SUPPER | Grilled chicken with potatoes and spinach seasonal fruit | Cream of vegetables soup and spanish omelette seasonal fruit | Grilled fish with boiled carrots and sweetcorn seasonal fruit | Soup + Soy meatballs and vegetables seasonal fruit | Gluten free toast with tomato puree and cheese + salad seasonal fruit |
| MONDAY 25TH | TUESDAY 26TH | WEDNESDAY 27TH | THURSDAY 28TH | FRIDAY 29TH | |
| LUNCH | CARROT SOUP ZUCCHINI TORTILLA (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT | GLUTEN AND LACTOSE FREE CAESAR SALAD GLUTEN FREE MIXED FIDEUAS (2,4,14) SEASONAL FRUIT | GREEN SALAD GLUTEN FREE HAMBURGER OVEN BAKED POTATO WEDGES YOGUR (7) | CHICKPEA STEW WITH VEGETABLES CHICKEN WITH CHIMICHURRI QUINOA SEASONAL FRUIT | GLUTEN FREE SOUP HAKE BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN SEASONAL FRUIT |