

## Week 1 HMS Gluten Free Menu Please place your order at morning break

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional main	Sweet & Sour Chicken served with Rice	Savoury Mince & Gluten free Yorkshire Pudding	Gluten free Beef Lasagna	Gluten free Breaded Fish	Pork Korma with Rice HMS
Vegetarian option	Gluten free Pizza Baguette	Gluten free Mexican Bean Wrap	Gluten free Pasta served with Vegetarian Sauce	Gluten free Quiche	Vegetarian Chilli with Tacos
Grab N Go	Gluten free Paninis		Gluten free Paninis		Gluten free Paninis
Gluten free pasta	Gluten free Pasta served with a selection of Vegetarian/Vegan & Meat sauces				
Jacket potato	Every day we provide freshly Baked Jacket Potatoes with a selection of fillings and side salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Dessert Option	Please ask for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

## Week 2 HMS Gluten Free Menu Please place your order at morning break

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional main	Spaghetti Bolognaise	Chilli Beef Tacos	Roast Pork & Gluten Free Yorkshire Pudding	Gluten Free Beef Burger in a Bun	Chicken Tikka Masala served with Rice
Vegetarian option	Gluten Free Cheese Fajita Wrap	Sweet Potato and Chickpea Curry served with Rice	Gluten Free Macaroni Cheese	Gluten Free Pazzini	Gluten Free Red Pesto Penne Pasta
Grab N Go	Gluten Free Panini		Gluten Free Panini		Gluten Free Panini
Gluten free Pasta	Pasta served with a selection of vegetarian/vegan & Meat sauces				
Jacket potato	Every day we provide freshly Baked Jacket Potatoes with a selection of fillings and side salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Dessert Option	Please ask for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

## Week 3 HMS Gluten Free Menu Please place your order at morning break.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily main course	Gluten Free Pasta Carbonara	Pork Meatballs with Gluten Free Spaghetti	Gluten Free Mince Pie	Gluten Free Sausage	Gluten Free Chicken Goujon
Daily Vegetarian	Gluten Free Panini	Loaded Jacket Potato	Gluten Free Mediterranean Pasta Bake	Gluten Free Pizza	Gluten Free Vegetarian Enchilada
Grab N Go	Gluten Free Paninis		Gluten Free Paninis		Gluten Free Paninis
Gluten Free pasta	Gluten Free Pasta served with a selection of Vegetarian/Vegan & Meat sauces				
Jacket Potato	Every day we provide freshly Baked Jacket Potatoes with a Selection of Fillings and Side Salad. Cheese, Cheese and Beans, Beans, Tuna Mayo				
Dessert Options	Please ask for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				