

Week 1 HMS Gluten free menu

Please place your order at morning break as the full choice of options may not be available at lunchtime if you have not ordered in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main	GF Chicken Enchilada	GF Spaghetti Bolognese	GF Savoury Mince with GF Yorkshire Pudding	GF Breaded Fish	GF Pork Korma with Rice HMS
Vegetarian Option	GF Mediterranean Pasta	Jacket Potato & filling	GF Mexican Bean Wrap	GF Vegetable Quiche	GF Cheese Pizza Baguette
Grab N Go	GF Paninis	GF Curry and Rice	GF Pasta served with Vegetarian Sauce	GF Chicken Goujon in a Wrap	GF 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 as the full choice of options may not be available at lunchtime if you have not ordered in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main	GF Chili Beef with Tortilla Chips	GF Homemade Lasagne	GF Chicken Pie	GF Beef Burger in a Bun	GF Pulled Pork Enchilada
Vegetarian Option	GF Red Pesto Pasta & GF Garlic Bread	GF Cheese Melt	GF Jacket Potato & Filling	GF Mozzarella bites in a Wrap	GF Macaroni Cheese
Grab N Go	GF Panini	GF Curry and Rice	GF Panini	GF Pasta served with Vegetarian Sauce	GF 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 as the full choice of options may not be available at lunchtime if you have not ordered in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main	GF Tex Mex Burritos	GF Pork Meatballs with GF Spaghetti	GF Roast Chicken & GF Yorkshire Pudding	GF Sausage	GF Chicken Goujon
Daily Vegetarian	GF Green Pesto & GF Garlic Bread	GF Cheese panini	Jacket Potato & Filling	GF Pizza	GF Vegetarian Chili & Tortilla Chips
Grab N Go	GF Paninis	GF Veg Curry & Rice	GF Paninis	GF Chicken Curry & Rice	GF Pasta served with Vegetarian Sauce
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				