

## 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 Homemade lasagna	GF Savoury Mince with GF Yorkshire Pudding	GF Breaded Fish	GF Chicken Tikka with Rice
Vegetarian option	GF Mediterranean Pasta	GF Cheese Panini	GF Pasta served with vegetarian sauce	Jacket potato & filling	GF Cheese Pizza Baguette
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 a member of the catering staff for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

We cannot guarantee the absence of allergens, as some products we use often say "may contain" although it is not listed as an ingredient.

## 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 Chilli Con Carne with Rice	GF Spaghetti Bolognaise	GF Sausages with GF Yorkshire pudding	GF Beef Burger in a Bun	GF Chicken Goujon in a Wrap
Vegetarian option	GF Green Pesto & GF Garlic Bread	GF Pizza Wrap	GF Jacket Potato & Filling	GF Mexican Bean Tortilla	GF Pasta served with Vegetarian Sauce
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 a member of the catering staff for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

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## 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
Daily main course	GF Tex Mex Pork Burritos	GF Pork Meatballs with GF Spaghetti	GF Chicken Casserole & GF Yorkshire	GF Fish Fingers	GF Spaghetti Carbonara
Vegetarian option	GF Macaroni Cheese	GF Cheese Panini	Jacket Potato & Filling	GF Vegetarian Chilli & Rice	GF Red Pesto Pasta & GF Garlic Bread
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 a member of the catering staff for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				
We cannot guarantee the absence of allergens, as some products we use often say” may contain” although it is not listed as an ingredient.					