DINE

WITH MIQUILL

Gluten Free

WEEK ONE

DINE
Main Meal

DINE
Vegetarian

Dessert STOP
Sweet Options

	MONDAY AROUND THE World	TUESDAY Italian	WEDNESDAY Roasts	THURSDAY AROUND THE World	FRIDAY Fish & Chips
Main Meal	**Beef Burger in a Bun** with Potato Wedges and Green Salad or Peas	**Cheese and Tomato Pizza** with Potato Salad and Sweetcorn or Baked Beans	**Roast Sausages** with Roast Potatoes, Broccoli or Carrots and Gravy	**BBQ Chicken Wrap** with Rice and Rainbow Slaw or Cauliflower.	**GF Fish** with Chips and Baked Beans or Garden Peas
Vegetarian		**Cheese and Tomato Pasta Bake** with Sweetcorn or Baked Beans	**Roast Chicken** with Roast Potatoes, Broccoli or Carrots and Gravy		**GF Bean and Cheese Wrap** with Chips and Baked Beans or Garden Peas

Filled Jackets Available Every Day

Sweet Options	Lemon Drizzle Cake	GF Cookie	GF Apple Crumble	Cornflake Krispie Cake	Ice-cream

Fresh Salad and Fruit are available daily.

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WEEK TWO

	MONDAY Comfort FOOD	**TUESDAY** Italian	**WEDNESDAY** Roasts	**THURSDAY** AROUND THE World	**FRIDAY** Fish & Chips
DINE Main Meal	**Cottage Pie** with New Potatoes and Peas	**Gf Mac and Cheese** with GF Garlic Bread and Sweetcorn	**Roast Gammon** with Roast Potatoes, Broccoli and Gravy	**Chicken Tikka Masala** with Rice and Sweetcorn	**GF Fish** with Chips and Baked Beans or Garden Peas
DINE Vegetarian		**GF Bean and Cheese wrap** with Homemade Wedges and Sweetcorn	**Roast Sausages** with Roast Potatoes, Broccoli and Gravy	**Veggie Korma** with Rice and Sweetcorn	**GF Cheese and Tomato Pizza** with Chips and Baked Beans or Peas

Filled Jackets Available Every Day

Dessert STOP Sweet Options	**Fresh Fruit Salad**	**GF Cookie**	**GF Choc Brick**	**GF Sponge**	**Ice-cream**

Fresh Salad and Fruit are available daily.

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WEEK THREE

	MONDAY Comfort FOOD	TUESDAY Italian	WEDNESDAY Roasts	THURSDAY AROUND THE World	FRIDAY Fish & Chips
DINE Main Meal	**GF Sausage and Mash**	**Beef Bolognese** with GF Pasta and Broccoli	**Roast Chicken** with Roast Potatoes, fresh Vegetables and Gravy	**Chicken Chow Mein** with Rice and Sweetcorn	**GF Fish** with Chips and Garden Peas or Baked Beans
DINE Vegetarian		**Gf Mac and Cheese** with Broccoli	**Roast Sausages** with Roast Potatoes, Broccoli and Gravy	**Sweet and Sour Vegetables** with Rice and Sweetcorn	**GF Bean and Cheese wrap** with Chips and Garden Peas or Baked Beans

Filled Jackets Available Every Day

Dessert STOP Sweet Options	GF Chocolate Bricks	GF Iced Sponge	GF Shortbread	Jelly and Fruit Slices	Ice-cream

Fresh Salad and Fruit are available daily.

MIQUILL