

# FOOD

## GLUTEN-FREE

### BREAKFAST

### LUNCH

### DINNER

#### MONDAY

##### Lentil & Carrot Soup

Served with salad and gluten-free bread

#### TUESDAY

##### Cereal & Gluten-free Oats Porridge

Served with plant milks, fresh fruits, nuts, seeds and gluten-free bread

##### Chickpeas & Rice

Served with salad and gluten-free crackers

##### Fruit Bar & Gluten-free Pancakes

#### WEDNESDAY

##### Cereal & Millet Porridge

Served with plant milks, fresh fruits, nuts, seeds and gluten-free bread

##### Mashed Potatoes, Sun Loaf, Steamed Veg & Gravy

Served with salad

##### Fruit Bar & Gluten-free Scones

#### THURSDAY

##### Cereal & Gluten-free Oats Porridge

Served with plant milks, fresh fruits, nuts, seeds and gluten-free bread

##### Kidney Beans & Rice

Served with salad

##### Fruit Bar & Apple Crumble

#### FRIDAY

##### Cereal & Barley Porridge

Served with plant milks, fresh fruits, nuts, seeds and gluten-free bread

##### Jacket Potato Bar

Served with various toppings and sauces

##### Fruit Bar & Gluten-free Bread

#### SATURDAY

##### Cereal & Gluten-free Granola

Served with plant milks, fresh fruits, nuts, seeds and gluten-free bread

##### Gluten-free Lasagne

Served with salad and gluten-free garlic bread

##### Fruit Bar & Gluten-free Cake

#### SUNDAY

##### Cereal & Millet Porridge

Served with plant milks, fresh fruits, nuts, seeds and gluten-free bread

##### Miscellaneous