


















BISM GLUTEN FREE LUNCH MENU

ALL MEALS INCLUDE A SALAD BUFFET

May 2021

WEEK 1	MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
SOUP		Minestrone soup	Vegetable soup	Tomato soup	Roasted red pepper soup
1 COURSE		Pork medallions	Italian meatballs in basil tomato sauce	Fish fingers with dill sauce	BBQ chicken thighs
2 COURSE		Marrocan spiced chicken	-	Beef curry	Pulled pork
GARNISH		White rice / Cauliflower gratin	Pasta / Stir fry zucchini	Whole grain rice / Steamed green beans	Roast potatoes / Corn on the cob
DESERT		Fruit salad	Yoghurt with Honey	Fruit salad	Yoghurt with marmalade
ALLERGY AWARENESS					
WEEK 2	MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
SOUP	Vegetable soup	Cream corn soup	Tomato soup	Carrot coriander soup	Lentil soup
1 COURSE	Pasta with 2 sauces	Chilli con carne	Salmon fish cakes	Roasted turkey fillet in gravy	Slow cooked roast beef
2 COURSE	Mix veg and kidney bean pattie	Lemon thyme grilled chicken	Roast pork Loin	-	Beef fajitas
GARNISH	Steamed veggie mix / Pasta	Yellow rice / Mixed veggie sauteed	Herb roasted baby potatoes / Onion, pepper stir fry	Polenta squares / Garlic mushrooms	Roast potatoes / Baked carrots
DESERT	Strawberrie jelly	Fruit salad	Yoghurt with honey	Fruit salad	Yoghurt with marmalade
ALLERGY AWARENESS					

WEEK 3	MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
SOUP	Gazpacho	Carrot ginger soup	Curried cauliflower soup	Tomato soup	Chilli bean soup
1 COURSE	Falafel in tomato sauce	Beef burgers	Salmon & spinach	Chicken pealla	BBQ ribs
2 COURSE	–	BBQ chicken thighs	Beef bolognese	Oven pork loin	Fish fingers with dill sauce
GARNISH	White rice / Steamed broccoli	Fries / Corn on the cob	Pasta / Veggies stir fry	Spanisch tortilla / Green peas	Potato wedges / Steamed green beans
DESERT	Coconut & chia seed pudding	Fruit salad	Yoghurt with honey	Fruit salad	Yoghurt with marmalade
ALLERGY AWARENESS		  	  	   	   
WEEK 4	MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28
SOUP	Curried vegetable soup	Potato soup	Lentil soup	Tomato soup	Vegetable soup
1 COURSE	Chickpea falafel	–	Honey & soy glazed chicken	Turkey stroganoff	Meatloaf with gravy
2 COURSE	Mushroom croquettas	Oven roasted pork	Fish cakes	Beef bolognese	Chicken fajitas
GARNISH	Potato wedges / Ratatouille	White rice / Vegetable mix	Boiled potatoes /Veggie stir Fry	Pasta / Steamed broccoli	Mash potato / Corn on the cob
DESERT	Apple cake	Fruit salad	Yoghurt with honey	Fruit salad	Yoghurt with marmalade
ALLERGY AWARENESS	