

SUGGESTED GLUTEN FREE MEAL OPTIONS FOR A TYPICAL 5 NIGHT STAY

English Language Homestays,
32A High Street, Brighton,
Shoreham by sea BN43 5DA
www.englishlanguagehomestays.com
Tel: +44 1273 462 772



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pizza + Salad +Wedges</p> <p>Goodfellow's gluten free range</p>	<p>Pasta bake, salad</p>	<p>GF Sausage, Mash + vegetables</p> <p>Most supermarkets offer GF</p>	<p>Breaded Fish+Chips+Salad/ peas</p> <p>Birds Eye GF free breaded fish</p>	<p>Chicken Fajitas, Wedges +salad GF wraps + El Paso Seasoning</p>
<p>fruit salad & ice cream</p>	<p>Meringue & strawberries</p>	<p>Almond Frozen Diam cake</p>	<p>GF Brownie & ice cream</p>	<p>Nestle Rolo or Milky Bar</p>

■ For day of arrival

The first day is the perfect time to communicate with your students and ask about food preferences.

■ For day of departure

If you have an early departure time for the students, it is advisable for you to give a 'breakfast to go' option For students that prefer a lighter/healthier option you could provide a yogurt or a GF cereal bar and fruit. Just add a carton of juice or water to wash it all down with.

■ Helpful Tips:- All major supermarkets offer a good range of Gluten Free bread and pasta. Also look in the freezer section for breaded fish & chicken and pizza's. Also try frozen desserts for ease. Betty Crocker and Mr Kipling offer cakes and mixes. **JUST REMEMBER TO CHECK THE INGREDIENTS ON THE LABEL**

Happy Hosting