



Allergy Menu - Autumn Winter 2023

Allergy Free

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Chicken & Veg Meatball Marinara & Pasta Mixed Salad 751020	Mild Chicken Curry Wholegrain Rice Green Beans 750962	Sausages Mashed potatoes And Gravy 468695	Margherita Pizza Wedges Peas 750844	Fish Fingers Chips Beans 674852
Option 2	Sweet Chilli Vegetable Stir Fry Wholegrain Rice Mixed Salad 750917			Tarka Dhal Wholegrain Rice Sweetcorn 750977	Pizza Chips Beans
	Jacket Potato & Hot Tomato Pasta Everyday				
The Finale	Fresh Fruit Salad 457512	Jelly & Fruit 457487	Tropical Pineapple Crumble	Orange Cookie 750706	Rocket Lolly 522709
Please ensure dishes in this menu are created using the relevant recipe book for this allergy diet. Any dishes above without a dish number are the same as the core menu recipes					



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**Week
Two**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Sausages and Wedges	Margherita Pizza Potato Wedges Green Salad 751114	Minced Beef & Onion Pie Filling Mash Carrots, Gravy 751028	Chicken Chow Mein Rice Sweetcorn 750865	Fish Fingers Chips Baked Beans 750883
Option 2				Mexican Bean Wrap Wedges, Peas 751009	Pizza Chips Beans
	Jacket Potato & Hot Tomato Pasta Everyday				
The Finale	Ginger Cookie 468725	Fresh Fruit Salad 457512	Apple Crumble 750745	Orange Jelly 723221	Lemon Cookie 522390

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**Week
Three**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Veggie Lentil & Onion Pie Wedges Carrots, Gravy 751013	Tomato & Roasted Veg Wholegrain Pasta Bake Broccoli 751154	Roast Gammon Roasties Carrots, Gravy	Veggie Supreme Pizza Baked Wedges Peas 751165	Fish Fingers Chips Beans 674852
Option 2		Veggie Korma Wholegrain Rice Broccoli 750925		Margherita Pizza Wedges Peas 750844	Pizza Chips Beans
	Jacket Potato & Hot Tomato Pasta Everyday				
The Finale	Watermelon Wedge	Chocolate Bricks 750859	Apple Crunch 750735	Strawberry Jelly	Fresh Fruit Salad 457512

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