



# Allergy Menu - Autumn Winter 2023

## Allergy Free

# Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Chicken &amp; Veg Meatball Marinara &amp; Pasta</b> Mixed Salad 751020	<b>Mild Chicken Curry</b> Wholegrain Rice Green Beans 750962	<b>Roast Chicken</b> Roasties Fresh Veg, Gravy 468695	<b>BBQ Drizzle Pizza</b> Wedges Peas 750844	<b>Homemade Chicken Nuggets</b> Chips Beans 674852
Option 2	<b>Sweet Chilli Vegetable Stir Fry</b> Wholegrain Rice Mixed Salad 750917			<b>Tarka Dhal</b> Wholegrain Rice Sweetcorn 750977	
Jacket Potatoes	<b>Crispy Skin Jacket Potatoes</b>				
The Finale	<b>Fresh Fruit Salad</b> 457512	<b>Jelly &amp; Fruit</b> 457487	<b>Tropical Pineapple Crumble</b>	<b>Orange Cookie</b> 750706	<b>Rocket Lolly</b> 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					



**Ready to  
serve**



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# Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Cheesy Bean Wrap</b> Carrots 758675	<b>Margherita Pizza</b> Potato Wedges Green Salad 751114	<b>Minced Beef &amp; Onion Pie</b> Mash Carrots, Gravy 751028	<b>Chicken Chow Mein</b> Noodles Sweetcorn 750865	<b>Cheesy Sweetcorn Pizza</b> Chips Baked Beans 750883
Option 2				<b>Mexican Bean Wrap</b> Wedges, Peas 751009	
Jacket Potatoes	<b>Crispy Skin Jacket Potato</b>				
The Finale	<b>Jelly &amp; Fruit</b> 457487	<b>Fresh Fruit Salad</b> 457512	<b>Apple Crumble</b> 750745	<b>Orange Jelly</b> 723221	<b>Lemon Cookie</b> 522390
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**Ready to  
serve**



everyday. every day.

# Allergy Menu - Autumn Winter 2023

## Allergy Free

# Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Veggie Lentil & Onion Pie Roasties Carrots, Gravy 751013	Tomato & Roasted Veg Wholegrain Pasta Bake Broccoli 751154	Roast Gammon Roasties Carrots, Gravy	Veggie Supreme Pizza Baked Wedges Peas 751165	Homemade Chicken Nuggets Chips Beans 674852
Option 2		Veggie Korma Wholegrain Rice Broccoli 750925		BBQ Drizzle Pizza Wedges Peas 750844	
Jacket Potatoes	<b>Crispy Skin Jacket Potato</b>				
The Finale	Watermelon Wedge	Chocolate Bricks 750859	Oaty Apple Crunch 750735	Strawberry Jelly	Fresh Fruit Salad 457512
<p><b>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</b></p>					



**Ready to serve**