



Welcome to our Spring Summer 2022 Allergen Aware Menu

All menu items are free from 13 of the recognised Allergens **other than Fish.**

Option 2 everyday will always be Vegan suitable

Allergy Menu	Spring Summer 2022
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Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen free pasta bake	Allergen Free Chicken Korma	Roast Gammon & Pineapple	Moroccan Meatballs & Gluten free Pasta	GF Fish Fingers
Option 2	Vegetable stir fry with rice	Loaded Potato skins	Potato topped vegetable pie	Creamy Vegetable Risotto	Beetroot Falafels
Sides	Sweetcorn & Summer Salad Sticks	Peas, Carrots & Tomato Ketchup	Roast or Boiled Potatoes, Carrots, Green Beans & Gravy	Seasonal Mixed Vegetables	Chips, Peas or Baked Beans or salad sticks
Desserts	Allergen Free Flapjack or Fresh Fruit	Shortbread biscuit or Fresh Fruit	Peaches & Vegan Ice Cream or Fresh Fruit	Seasonal Fresh Fruit Platter)	GF Oat Cookie or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting:					

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Cheese & Tomato Pizza	All Day Breakfast (Westcountry Gluten free Sausage & Bacon)	Roast Chicken	Cottage Pie & Gravy	GF Fish Fingers
Option 2	Spanish Rice	Vegetarian Brunch (Plant Burger)	Cauliflower & Tomato Bake	Cowboy Pasta (with Plant Based Balls)	Beetroot Falafels
Sides	Potato Wedges, Peas & Sweetcorn	Tomatoes, Mushrooms, Baked Beans & Diced Potato	Roast or Boiled Potatoes, Green Beans, Carrots & Gravy	Seasonal Mixed Vegetables	Chips, Peas or Baked Beans or salad sticks
Desserts	Pip Organic Ice Lolly or Fresh Fruit	Apple crumble & Vegan Ice cream (contains coconut) Or Fresh Fruit	Fruit jelly & vegan ice cream (contains coconut) Or Fresh Fruit	Seasonal Fresh Fruit Platter	GF Oat Cookie Or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting					

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen free pasta bake	Organic Beef Burger	Roast Turkey	Beef Bolognese & Gluten Free Pasta	GF Fish Fingers
Option 2	Leek & potato Gratin	Roasted Vegetable Lasagna	Tomato Tumble	Loaded Potato Skins	Beetroot Falafels
Sides	Peas & Summer Salad Sticks	Herby Diced Potatoes, Sweetcorn & Side Salad	Roast or Boiled Potatoes, Carrots, Broccoli & Gravy	Sweetcorn & Green Beans	Chips, Peas or Baked Beans or salad sticks
Desserts	Summer Fruits & Vegan Ice Cream or Fresh Fruit	Shortbread Biscuit or Fresh Fruit	Seasonal Fresh Fruit Platter	Pear & Chocolate Crumble with Vegan Ice Cream or Fresh Fruit	GF oat cookie or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting					

