



Welcome to our **Autumn Winter 2022-23 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					Autumn Winter 2022-23
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Pizza Margherita	Hunters Chicken (Homemade Tomato Sauce) & Rice	Roast Chicken	Westcountry GF Sausage & Mash with Gravy	GF Fish Fingers
Option 2	Vegetable Crumble	Vegetable and Bean Chilli with Rice	Potato Topped Vegetable Pie	Pasta with a Mushroom Ragu	Plant Based Sausage
Sides	Sweetcorn, Baked Beans, Potato Wedges	Broccoli & Peas	Roast or Boiled Potatoes, Carrots, Cabbage & Gravy	Country Mixed Vegetables	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Fruit Iced Smoothie	GF Shortbread or Fresh Fruit	Seasonal Fresh Fruit Platter	Allergen free Flapjack	GF Oat Cookie or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting:	31/10/22; 21/11/22; 12/12/22; 16/01/23; 06/02/23; 06/03/23; 27/03/23				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chickpea, Lentil Curry & Tilda Rice	Allergen Cottage Pie	Roast Gammon	Allergen Free Moroccan Meatballs & GF pasta	GF Fish Fingers
Option 2	Allergen Free Pasta Bake	Tomato and Bean Pasta Bake	Cauliflower & Tomato Bake	Veggie Chilli	Spiced Vegan Balls
Sides	Sweetcorn & Peas	Green Beans, Cauliflower & Gravy	Roast or Boiled Potatoes, Green Beans, Carrots & Gravy	Seasonal Mixed Vegetables	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Allergen Free Flapjack or Fresh Fruit	GF Oat Cookie or Fresh Fruit	Seasonal Fresh Fruit Platter	Fruit Iced Smoothie	GF Shortbread or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	07/11/22; 28/11/22; 02/01/23; 23/01/23; 20/02/23; 13/03/23				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Pizza Margherita	Allergen Tuna Pasta Bake	Roast Pork	Beef Bolognese	GF Fish Fingers
Option 2	Plant Power Slider Burger	Loaded Potato Skins	Allergen Free Tomato Tumble	Roasted Vegetable Lasagne	Plant Based Sausage
Sides	Sweetcorn, Baked Beans & Herby Diced Potatoes	Farmhouse Mixed Vegetables	Roast or Boiled Potatoes, Carrots, Broccoli & Gravy	Sweetcorn & Green Beans	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Allergen Free Flapjack or Fresh Fruit	Shortbread Biscuit or Fresh Fruit	Seasonal Fresh Fruit Platter	Fruit Iced Smoothie	GF oat cookie or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	14/11/22; 05/12/22; 09/01/23; 30/01/23; 27/02/23; 20/03/23				