



Welcome to our new **Allergen Aware Menu**

All menu items are free wherever possible from the recognised Allergens **other than Fish**.

Option 2 everyday will always be Vegan suitable

Allergy Menu	Autumn / Winter 2020
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Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger	Salmon and Sweet Chilli Rice	Roast Beef & Gravy	Allergen Free Pasta Bolognese Bake	GF Fish Fingers
Option 2	Sweet Potato and Lentil Curry with Rice	Allergen Free Pasta Bake	Allergen Free Tomato Tumble	Vegan Sausage	Jacket Potato & Baked Beans
Sides	Wedges, Baked Beans or Sweetcorn	Carrots and Peas	Roast or Mashed Potato, Green Beans and Carrots	Roasted Vegetables	Chips, Peas or Baked Beans
Desserts	Chewy Date Flapjack	Stewed Apple & Vegan Ice Cream	Fresh Fruit Platter	Pip Organic lolly	Fruit Smoothie
Week starting:	02/11/20; 23/11/20; 14/12/20; 18/01/21; 08/02/21; 08/03/21; 29/03/21				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Gluten Free Sausage with Gravy or Tomato Ketchup	Allergen Free Pizza	Roast Chicken & Gravy	Gluten Free Sausage & Bacon	GF Fish Fingers
Option 2	Allergen Free Pasta Bake	Allergen Free Chilli	Allergen Free Tomato Tumble	Vegan Sausage	Jacket Potato & Baked Beans
Sides	Farmhouse Veg	Wedges, Beans or Sweetcorn	Roast or Mashed Potato, Cabbage and Carrots	Baked Beans, Grilled Tomatoes and Mushrooms	Chips, Peas or Baked Beans
Desserts	Allergen Free Apple Crumble & Vegan Ice Cream	Fresh Fruit Platter	Pip Organic Ice Lolly	Fruit Jelly and Vegan Ice Cream	Fruit Smoothie
Week starting:	09/11/20; 30/11/20; 04/01/21; 25/01/21; 22/02/21; 15/03/21				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Gluten Free Sausage with Gravy or Tomato Ketchup	Allergen Free Pasta Bolognese Bake	Roast Pork, Apple Sauce and Gravy	Allergen Free Spanish Style Chicken & Rice	GF Fish Fingers
Option 2	Allergen Free Pasta Bake	Vegan Sausage	Allergen Free Tomato Tumble	Allergen Free Pizza	Jacket Potato & Baked Beans
Sides	Mashed Potato, Baked Beans or Sweetcorn	Peas and Green Beans	Roast or Mashed Potato, Cauliflower and Carrots	Broccoli and Sweetcorn	Chips, Peas or Baked Beans
Desserts	Chewy Date Flapjack	Pip Organic Ice Lolly	Fruit Jelly and Vegan Ice Cream	Fresh Fruit Platter	Fruit Smoothie
Week starting:	16/11/20; 07/12/20; 11/01/21; 01/02/21; 01/03/21; 22/03/21				