



Welcome to our **Autumn / Winter 2021 Allergen Aware Menu**

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

Allergen Aware Menu	Autumn / Winter 2021
---------------------	----------------------

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Margherita pizza	Allergen Free Cottage Pie & Gravy	Roast Chicken	Westcountry Sausage & Mash with Gravy	GF Fish Fingers
Option 2 (Vegan)	Allergen Free Tomato Tumble	Moroccan Style Veg Balls & Tomato Sauce and Rice	Leek & potato Gratin	Allergen Free Pasta Bake	Vegetable Sausage
Sides	Sweetcorn, Baked beans & Sweet potato Wedges	Broccoli & Diced Swede	Roast or Mashed Potato, Cabbage, Carrots & Gravy	Cauliflower & Mixed Vegetables	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Allergen Free Flapjack	GF Shortbread Biscuit	Fresh Fruit Platter	Pip Organic Lolly	GF Oat Cookie
Week starting:	01/11/21; 22/11/21; 13/12/21; 17/01/22; 07/02/22; 07/03/22; 28/03/22				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chickpea, Lentil Curry & Tilda Rice	Turkey & Ham Potato Topped Pie	Roast Gammon & Pineapple	Organic Beefburger *	GF Fish Fingers
Option 2 (Vegan)	Allergen Free Pasta Bake	Vegetable Sausage	Vegetable Crumble	Allergen Free Tomato Tumble	Vegan Stuffed Potato Skins
Sides	Sweetcorn & Roasted Mediterranean Vegetables	Green Beans Cauliflower & Gravy	Roast or Mashed Potato, Cabbage, Carrots & Gravy	Mixed Vegetables, Broccoli & Sweet Potato Wedges	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Allergen Free Flapjack	GF Oat Cookie	Fresh Fruit Platter	Pip Organic Lolly	GF Shortbread Biscuit
Week starting:	08/11/21; 29/11/21; 03/01/22; 24/01/22; 14/02/22; 14/03/22; 04/04/22				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Margherita pizza	Veggie Cottage Pie	Roast Pork & Gravy	Minced Beef Bolognese & Allergen Free Pasta	GF Fish Fingers
Option 2 (Vegan)	Plant Power Slider Burger *	Vegan Stuffed Potato Skins	Allergen Free Tomato Tumble	Moroccan Vegan Balls in Tomato sauce & GF Pasta	Vegetable Sausage
Sides	Sweetcorn, Baked Beans & Herby Diced Potatoes	Boiled Potatoes, Broccoli, Cabbage & Gravy	Roast or Mashed Potato, Cauliflower and Carrots	Winter Rainbow Salad & Roasted Winter Vegetables	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Pip Organic Lolly	GF Shortbread Biscuit	Fresh Fruit Platter	Allergen Free Flapjack	GF Oat Cookie
Week starting:	15/11/21; 06/12/21; 10/01/22; 31/01/22; 28/02/22; 21/03/22				

- Available with gluten free seeded bap (contains **EGG**)