



ALLERGEN AWARE MENU

Welcome to our **Autumn-Winter 2023/24**

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

Option 2 everyday will always be Vegan suitable.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza Margherita	Chicken Curry	Honey Roast Gammon & Pineapple	GF Meatballs in a Tomato Sauce	GF/DF Fish Fingers
Option 2	Veggie Bean Wrap (Vegan)	Vegan Cheese & Potato Pie	Veggie Cobbler	Spiced Vegan Balls in a Tomato Sauce	Plant Based Sausage
Sides	Baked Beans or Crunchy Salad & Herby Diced Potatoes	Peas Baked beans	Broccoli, Carrots Roast or New Potatoes & Gravy	Green Beans GF Pasta	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	GF Flapplejack	Allergen Free Shortbread or Fresh Fruit	Iced Fruit Smoothie	Chocolate Shortbread	Organic Pip Ice lollies
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting:	30/10/23; 20/11/23; 11/12/23; 08/01/24; 29/01/24; 26/02/24; 18/03/24				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato & Bean Pasta Bake	GF Norse Butchers Sausages	Roast Chicken	GF Beef Lasagne	GF/DF Fish Fingers
Option 2	Freshly Prepared Roasted Vegetable Pasta Bake	Plant Based Sausages	Cauliflower & Tomato Bake	Vegan Lasagne	Veggie Burger
Sides	Green Beans & Fresh Sliced Carrots	Creamed Potatoes Carrots	Broccoli, Carrots Roast or New Potatoes & Gravy	Green Beans Green Salad	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Shortbread & Berries	Winter Fruit Salad	Iced Fruit Smoothie	GF Oaty Biscuits	Organic Pip ice lollies
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	06/11/23; 27/11/23; 18/12/2023; 15/01/24; 05/02/24; 04/03/24; 25/03/24				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF/DF Pizza Pocket	Bubble Salmon GF/DF	Roast Pork & Apple Sauce	Beef Bolognese	GF/DF Fish Fingers
Option 2	Plant Based Burger	Vegetable Crumble	Potato Topped Pie	Mediterranean Bolognese	Vegan Pizza
Sides	Baked Beans, Peas & Potato Wedges	Creamed Potatoes Peas	Broccoli, Carrots Roast or New Potatoes & Gravy	GF Pasta Green beans	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	GF Oaty & Sultana Cookie	Chocolate Shortbread	Fruit Jelly	Iced Fruit Smoothie	Organic Pip Ice Lolly
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	13/11/23; 04/12/23; 01/01/24; 22/01/24; 19/02/24; 11/03/24				

“Putting Children at the Heart of What We Do”



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Please ensure a Special Diet Form has been completed