



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 & Fruit Iced Smoothie or Fresh Fruit	Seasonal Fresh Fruit Platter)	GF Oat Cookie or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting:	25/04/22 – 16/05/22 – 13/06/22 – 04/07/22 – 05/09/22 – 26/09/22 – 17/10/22				

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 & Fruit Iced Smoothie Or Fresh Fruit	Fruit jelly & Fruit Iced Smoothie Or Fresh Fruit	Seasonal Fresh Fruit Platter	GF Oat Cookie Or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	02/05/22 – 23/05/22 – 20/06/22 – 11/07/22 – 12/09/22 – 03/10/22				

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 & Fruit Iced Smoothie or Fresh Fruit	Shortbread Biscuit or Fresh Fruit	Seasonal Fresh Fruit Platter	Pear & Chocolate Crumble with Fruit Iced Smoothie or Fresh Fruit	GF oat cookie or Fresh Fruit
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	09/05/22 – 06/06/22 – 27/06/22 – 18/07/22 – 19/09/22 – 10/10/22				