

Allergen Aware Menu

Welcome to our Spring Summer 2023 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

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Pizza Margherita	Homemade Norse Beef Burger	Roast Chicken	Allergen Free Beef Bolognese	GF/DF Fish Fingers
Option 2	Vegetable Burger (Vegan)	Loaded Potato Skins	Potato Topped Vegetable Pie	Mediterranean Vegetable Bolognese	Plant Based Sausage
Sides	Baked Beans or Crunchy Salad & Herby Diced Potatoes	Sweetcorn & Jacket Potato Wedges	Broccoli, Carrots Roast or New Potatoes & Gravy	Green Beans & GF Pasta	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Allergen Free Flapplejack	Allergen Free Shortbread or Fresh Fruit	Organic Pip Ice Lolly	Allergen Free Chocolate Shortbread	Allergen Free Oat Cookie
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting:	17/04/23 – 08/05/23 - 05/06/23 – 26/06/23 – 17/07/23 – 18/09/23 - 09/10/23				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato & Bean Pasta Bake	Lemon Herb Chicken	Honey Roast Gammon & Pineapple	GF Norse Butchers Sausages	GF/DF Fish Fingers
Option 2	Freshly Prepared Roasted Vegetable Pasta Bake	Loaded Potato Skins	Cauliflower & Tomato Bake	Plant Based Sausages	Vegan Cheese Pizza Baguette
Sides	Green Beans & Fresh Sliced Carrots	New Potatoes, Green Salad or Corn on the cob	Broccoli, Carrots Roast or New Potatoes & Gravy	Baked Beans, Hash Browns & Tomatoes	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Allergen Free Shortbread & Berries	Summer Fruit Salad	Iced Fruit Smoothie	Allergen Free Chocolate Dessert (Alpro)	Organic Pip Ice Lolly
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	24/04/23 – 15/05/23 - 12/06/23 – 03/07/23 – 04/09/23 – 25/09/23 - 16/10/23				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF/DF Pizza Muffin	GF Meatballs in a Tomato Sauce	Roast Pork & Apple Sauce	Bubble Salmon (GF/DF)	GF/DF Fish Fingers
Option 2	Allergen Free Vegetable Crumble	Spiced Vegan Balls in a Tomato Sauce	Allergen Free Tomato Tumble	Quorn & Vegetable Stir Fry	Plant Based Sausage
Sides	Baked Beans, Peas & Herby Diced Potatoes	Green Beans & GF Pasta	Broccoli, Carrots Roast or New Potatoes & Gravy	Stir Fried Vegetables & New Potatoes	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Allergen Free Oaty Orange & Sultana Cookie	Allergen Free Chocolate Shortbread	Fruit Jelly (Vegetarian)	Iced Fruit Smoothie	Organic Pip Ice Lolly
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	01/05/23 – 22/05/23 - 19/06/23 – 10/07/23 – 11/09/23 - 02/10/23				

“Putting Children at the Heart of What We Do”