



Allergy Menu - Spring Summer 2023

Egg Free

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Beef & Hidden Veg Whole Grain Pasta Bolognese Green Salad	Bangers & Mash Green Beans	Roast Chicken & Stuffing Roasties Fresh Veg & Gravy	Mexican Chicken Wrap Oven Baked Wedges Broccoli & Salsa	Golden fish fingers (Salmon or Pollock) Chips Peas
Option 2	Cheese & Tomato Pitta Pizza Green Salad	Veggie Bangers & Mash Green Beans	Vegan Sausage Roll Crispy Roasties & Fresh Veggies & Gravy 584741	Bean & Sweetcorn Burrito Oven Baked Wedges Broccoli & Salsa	Carrot & Hummus Bagel Chips Peas
Jacket Potatoes & Pasta	Crispy Skin Jacket Potatoes or Hot Tomato Pasta with or without Grated Cheese on top				
The Finale	Pineapple & Chocolate Sauce	Rocket Lolly 522709	Rice Krispie Cakes 522425	Jelly & Fruit	Oat Cookie
Please ensure dishes in this menu are created using the relevant recipe book for this special diet. Any dishes above without a dish number are the same as the core menu recipes					



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Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Margherita Pizza Carrot & Sultana Salad 674001	Beef Burger in a Bun Wedges Sweetcorn	Roast Gammon Roasties Fresh Veg & Gravy	Chicken Curry Whole Grain Rice Coconut Cabbage	Golden Fish Fingers (Salmon Or Pollock) Chips Beans
Option 2	Mac n Cheese Carrot & Sultana Salad	Veggie Burger in a Bun with Oven Baked Wedges & Garden Peas 586714	Summer Veg Tart Roasties Fresh Veg & Gravy	Sweet Vegetable Curry Whole Grain Rice Coconut Cabbage	Cheesy Bean Wrap Chips
Jacket Potatoes & Pasta	Crispy Skin Jacket Potatoes or Hot Tomato Pasta with or without Grated Cheese on top				
The Finale	Apple Crumble	Fresh Fruit Salad 457512	Shortbread 691861	Peaches & Ice Cream	Lemon Cookie

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Ready to serve





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Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cheese & Tomato Baguette Pizza Sweetcorn	All In One Sausage & Cheesy Potato Bake Carrots	Roast Chicken & Stuffing Roasties Fresh Veg & Gravy	Pineapple Chicken Whole Grain Rice 5 Spice Cauliflower	Golden Fish Fingers (Salmon Or Pollock) Chips Beans
Option 2	Veggie Bolognese Whole Grain Pasta Sweetcorn	All In One Veggie Sausage & Cheesy Potato Bake Carrots	Vegan Chicken Style Strips with Crispy Roasties, Fresh Veggies & Gravy 525749	Sweet & Sour Strips Whole Grain Rice 5 Spice Cauliflower 674032	Vegetable Fingers Chips Beans
Jacket Potatoes & Pasta	Crispy Skin Jacket Potatoes or Hot Tomato Pasta with or without Grated Cheese on top				
The Finale	Banoffee Dessert	Fresh Fruit Salad 457512	Citrus Rice Crispie Cake	Apple Crumble 457499	Flapjack 684911

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Ready to
serve

