



Allergy Menu - Spring Summer 2023

NGCI & Milk Free

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Beef & Hidden Veg Whole Grain Pasta Bolognese Green Salad 583686	Bangers & Mash Green Beans 673153	Roast Chicken Roasties Fresh Veg & Gravy 468695	Mexican Chicken Wrap Oven Baked Wedges Broccoli & Salsa 674704	Golden fish fingers (Salmon or Pollock) Chips Peas 522596
Option 2	Cheese & Tomato Wrap Green Salad 674707	Vegan Mince & Mash Green Beans 684641	Vegan Sausage Roll Crispy Roasties & Fresh Veggies & Gravy 585289	Bean & Sweetcorn Burrito Oven Baked Wedges Broccoli & Salsa 673167	Carrot & Hummus Wrap Chips Peas 684605
Jacket Potatoes	Crispy Skin Jacket Potatoes				
The Finale	Pineapple & Chocolate Sauce	Rocket Lolly 522709	Marble Sponge Cake 584100	Jelly & Fruit 457487	Ginger Cookie 468725
<p>Please ensure dishes in this menu are created using the relevant recipe book for this allergy diet. Any dishes above without a dish number are the same as the core menu recipes</p>					

Ready to
serve





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Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Margherita Pizza Carrot & Sultana Salad 674722	Beef Burger in a Bun Wedges Sweetcorn 673685	Roast Gammon Roasties Fresh Veg & Gravy 457366	Chicken Curry Whole Grain Rice Coconut Cabbage	Golden Fish Fingers (Salmon Or Pollock) Chips Beans 468711
Option 2	Mac n Cheese Bake Carrot & Sultana Salad 674728	Veggie Burger in a Bun Wedges Sweetcorn 673686	Vegan Mince Crispy Roasties, Fresh Veggies & Gravy 684643	Sweet Vegetable Curry Whole Grain Rice Coconut Cabbage	Cheesy Bean Wrap Chips Beans 522729
Jacket Potatoes	Crispy Skin Jacket Potato				
The Finale	Apple Crumble 522885	Lemon Sponge Cake 468777	Chocolate Brownie 584219	Peaches & Custard 673936	Lemon Cookie 522390

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Ready to serve





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Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Veggie Bolognese Whole Grain Pasta Sweetcorn 673691	All In One Sausage & Cheesy Potato Bake Carrots 674735	Roast Chicken Roasties Fresh Veg & Gravy 468695	Honey & Chinese Chicken Stir Fry Whole Grain Rice 5 Spice Cauliflower 675199	Golden Fish Fingers (Salmon Or Pollock) Chips Beans 468711
Option 2		All In One Bean & Cheesy Potato Bake Carrots 674740	Vegan Mince Crispy Roasties, Fresh Veggies & Gravy 684643	Chinese Omelette Whole Grain Rice 5 Spice Cauliflower 675201	Cheesy Bean Wrap Chips Beans 522729
Jacket Potatoes	Crispy Skin Jacket Potato				
The Finale	Jelly & Fruit Slice 457487	Rocket Lolly 522709	Cornflake Crispie Cake 522425	Marble Sponge Cake 584100	Shortbread 584287

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Ready to serve

