



# Allergy Menu - Spring Summer 2023

## Egg Free

# Week One

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

Ready to serve





# Allergy Menu - Spring Summer 2023

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### Week Two

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

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Ready to serve





# Allergy Menu - Spring Summer 2023

## Egg Free

### Week Three

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

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Ready to  
serve

