



Allergy Menu - Spring Summer 2023

Milk 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 673910 | Golden fish fingers (Salmon or Pollock) Chips Peas |
| Option 2 | Cheese & Tomato Pitta Pizza Green Salad 673892 | 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 | Crispy Skin Jacket Potatoes | | | | |
| The Finale | Pineapple & Chocolate Sauce | Rocket Lolly 522709 | Marble Sponge Cake | Jelly & Fruit | Oat Cookie |
| 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 | | | | | |

Ready to serve





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Week Two

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|---|---|---|--|
| Option 1 | Margherita Pizza Carrot & Sultana Salad 673921 | 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 Peas |
| Option 2 | Mac n Cheese Carrot & Sultana Salad 673928 | Super Veggie Burger in a Bun with Oven Baked Wedges & Garden Peas 584960 | Summer Veg Tart Roasties Fresh Veg & Gravy 673948 | Sweet Vegetable Curry Whole Grain Rice Coconut Cabbage | Crispy Bean & Vegetable Fingers Chips 506112 |
| Jacket Potatoes | Crispy Skin Jacket Potatoes | | | | |
| The Finale | Apple Crumble | Vanilla Cup Cake 525397 | Chocolate Brownie | Peaches & Custard 673936 | 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 673977 | All In One Sausage & Cheesy Potato Bake Carrots 673974 | Roast Chicken & Stuffing Roasties Fresh Veg & Gravy | Pineapple Chicken Whole Grain Rice 5 Spice Cauliflower | Golden fish fingers (Salmon or Pollock) Chips Peas |
| Option 2 | Veggie Bolognese Whole Grain Pasta Sweetcorn | All In One Veggie Sausage & Cheesy Potato Bake Carrots 673985 | Carrot & Stuffing Pastry Plait Roasties Fresh Veg & Gravy 673973 | Chinese Omelette Whole Grain Rice 5 Spice Cauliflower | Crispy Bean & Vegetable Fingers Chips |
| Jacket Potatoes | Crispy Skin Jacket Potatoes | | | | |
| The Finale | Banana & Custard Dessert 673982 | Vanilla Cup Cake 525397 | Crispy Chocolate Cornflake Cakes 579038 | Jelly & Fruit 674002 | Apple Flapjack 584728 |

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Ready to serve

