



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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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

