



# Allergy Menu - Spring Summer 2023 NGCI

## Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Beef &amp; Hidden Veg Whole Grain Pasta Bolognese Green Salad</b>  583686	<b>Bangers &amp; Mash</b> Green Beans  673153	<b>Roast Chicken</b> Roasties Fresh Veg & Gravy  468695	<b>Mexican Chicken Wrap</b> Oven Baked Wedges Broccoli & Salsa  673160	<b>Golden fish fillet</b> (Salmon or Pollock) Chips Peas  522596
Option 2	<b>Cheese &amp; Tomato Wrap</b> Green Salad  673672	<b>Quorn Fillet &amp; Mash</b> Green Beans  673663	<b>Cheese &amp; Tomato Quiche</b> Roasties Fresh Veg  673179	<b>Bean &amp; Sweetcorn Burrito</b> Oven Baked Wedges Broccoli & Salsa  673167	<b>Carrot &amp; Hummus Bun</b> Chips Peas  673652
Jacket Potatoes	<b>Crispy Skin Jacket Potatoes</b>				
The Finale	<b>Pineapple &amp; Chocolate Sauce</b>	<b>Carrot Cake</b>  673171	<b>Marble Sponge Cake</b>  584100	<b>Jelly &amp; Fruit</b>  457487	<b>Ginger Cookie</b>  468725
<b>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</b>					

Ready to  
serve





# Allergy Menu - Spring Summer 2023 NGCI

## Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Margherita Pizza</b> Carrot & Sultana Salad  673684	<b>Beef Burger Wedges</b> Sweetcorn  673685	<b>Roast Gammon Roasties</b> Fresh Veg & Gravy  457366	<b>Chicken Curry</b> Whole Grain Rice Coconut Cabbage	<b>Golden Fish Fillet</b> (Salmon Or Pollock) Chips Beans  468711
Option 2	<b>Mac n Cheese Bake</b> Carrot & Sultana Salad  673681	<b>Veggie Burger</b> Wedges Sweetcorn  673686	<b>Quorn Roast &amp; Root Veg Traybake</b> Crispy Roasties, Fresh Veggies & Gravy  584632	<b>Sweet Vegetable Curry</b> Whole Grain Rice Coconut Cabbage	<b>Cheesy Bean Wrap</b> Chips  673689
Jacket Potatoes	<b>Crispy Skin Jacket Potato</b>				
The Finale	<b>Apple Crumble</b>  522589	<b>Vanilla Cup Cake</b>  684541	<b>Chocolate Brownie</b>  584219	<b>Peaches &amp; Ice Cream</b>	<b>Lemon Cookie</b>  522390

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





# Allergy Menu - Spring Summer 2023 NGCI

## Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Veggie Bolognese</b> Whole Grain Pasta Sweetcorn  673691	<b>All In One Sausage &amp; Cheesy Potato Bake</b> Carrots  673714	<b>Roast Chicken</b> Roasties Fresh Veg & Gravy  468695	<b>Honey &amp; Chinese Chicken Stir Fry</b> Whole Grain Rice 5 Spice Cauliflower  675199	<b>Golden Fish Fillet</b> (Salmon Or Pollock) Chips Beans  468711
Option 2		<b>All In One Bean &amp; Cheesy Potato Bake</b> Carrots  673715	<b>Quorn Roast</b> with Crispy Roasties, Fresh Veggies & Gravy  457263	<b>Chinese Omelette</b> Whole Grain Rice 5 Spice Cauliflower  675201	<b>Cheesy Bean Wrap</b> Chips  673689
Jacket Potatoes	<b>Crispy Skin Jacket Potato</b>				
The Finale	<b>Jelly &amp; Fruit Slice</b>  457487	<b>Vanilla Cup Cake</b>  684541	<b>Citrus Rice Crispie Cake</b>  673713	<b>Apple Sponge Cake</b>  584232	<b>Shortbread</b>  584287

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

