

Week 1 – Autumn 2024 Allergen Menu – 02/09, 23/09, 14/10

<p><u>Monday</u></p> <p>1. Chicken and Bacon Pasta (Gluten Free Pasta), Crusty Bread (Gluten Free Bread) and Peas.</p> <p>V. Mediterranean Vegetable Pasta (Gluten Free Pasta), Crusty Bread (Gluten Free Bread) and Peas.</p> <p>2. Jacket Potato, Baked Beans, Mixed Salad. A. Orange and Mango Smoothie B. Fruit</p>	<p><u>Tuesday</u></p> <p>1. Pepperoni Pizza (Halal-Beef and Turkey Pepperoni) (Gluten Free Pizza Base) (Vegan Cheese), Corn on the Cob and Salad</p> <p>V. Margarita Pizza (Gluten Free Pizza Base) (Vegan Cheese), Corn on the Cob and Salad</p> <p>2. Tuna Mayo Baguette Packed Lunch (Gluten Free Bread), (Fish, Mustard), Nachos and Raisins.</p> <p>A. Soya Yoghurt and Berries (Soya) B. Fruit</p>
<p><u>Wednesday</u></p> <p>1. Pork Sausage, Roast Potatoes, Seasonal Vegetables, Gravy.</p> <p>V. Quorn Sausage (Gluten- Wheat), Roast Potatoes, Seasonal Vegetables, Gravy</p> <p>2. Jacket Potato, (Vegan Cheese) and Mixed Salad.</p> <p>A. Chocolate Cake and Orange Slices (No Added Allergens) B. Fruit</p>	<p><u>Thursday</u></p> <p>1. Chicken Curry (No Added Allergen Sauce), Wholegrain Rice, Green Beans</p> <p>V. Veggie Curry (No Added Allergen Sauce), Wholegrain Rice, Green Beans</p> <p>2. Cheese and Cucumber Wrap Packed Lunch (Gluten Free Roll) (Vegan Cheese), Nachos and Raisins.</p> <p>A. Jelly and Fruit Slices B. Fruit</p>
<p><u>Friday</u></p> <p>1. Gluten Free Breaded Fish (Fish), Chips, Baked Beans, Ketchup</p> <p>V. Vegan sausage roll (Gluten – Wheat), Chips, Baked Beans,</p> <p>2. Ham and Egg Salad Ham, Egg (Egg), Potato Salad (Mustard) Mixed Salad with Crackers (Gluten Free Roll)</p> <p>A. Oat Cookie (Gluten Free Oats) B. Fruit</p>	<p>Bread and Yogurt Available Daily</p>

Week 2 – Autumn 2024 Allergen Menu – 09/09, 30/09, 21/10

<p><u>Monday</u></p> <p>1. Sweet Chilli Chicken, Wholegrain Rice and Peas.</p> <p>V. Sweet Chilli Quorn (Gluten – Wheat), Wholegrain Rice and Peas</p> <p>2. Tuna and Cucumber Baguette packed Lunch (Gluten Free Roll), Nachos and Raisins.</p> <p>A. Vegan Ice Cream (Soya, May Contain Nuts)</p> <p>B. Fruit</p>	<p><u>Tuesday</u></p> <p>1. All Day Breakfast (Pork Sausage, Hash Browns, Roasted Tomato, Baked beans and Bread and Butter (Gluten Free Roll))</p> <p>V. Vegan all day breakfast (Vegan Sausage (Gluten – Wheat), Hash Browns, Roasted Tomato, Baked Beans and Bread and butter (Gluten Free Roll))</p> <p>2. Jacket potato, Baked Beans and mixed salad</p> <p>A. Chocolate Cake (No Added Allergens)</p> <p>B. Fruit</p>
<p><u>Wednesday</u></p> <p>1. Roast Chicken, New Potatoes, seasonal vegetables, Gravy.</p> <p>V. Cheesy Broccoli Bake (Soya), New Potatoes, Seasonal Vegetables, Gravy.</p> <p>2. Ham Salad Sandwich Packed Lunch (Gluten Free Roll), Nachos and Raisins.</p> <p>A. Cake (No Added Allergen)</p> <p>B. Fruit</p>	<p><u>Thursday</u></p> <p>1. Savoury Minced Beef, (Gluten Free Roll), and Seasonal Vegetables.</p> <p>V. Savoury Quorn, (Gluten Free Roll), and seasonal Vegetables.</p> <p>2. Jacket Potato, Cheese (Vegan Cheese), Mixed Salad</p> <p>A. Soya Yoghurt (Soya) with Mandarins</p> <p>B. Fruit</p>
<p><u>Friday</u></p> <p>1. Gluten Free Breaded fish (Fish), chips, peas, Ketchup</p> <p>V. Cheesy Bean Wrap (Gluten Free Wrap) (Vegan Cheese), Chips, Peas.</p> <p>2. Spicy sweet corn fritters, Chips, peas, Ketchup</p> <p>A. Vanilla Shortbread Biscuit</p> <p>B. Fruit</p>	<p>Bread and Yogurt Available Daily</p>

Week 3 - Autumn 2024 Allergen Menu – 16/09, 07/10

<p><u>Monday</u></p> <p>1. Chicken Burgers (Gluten Free Roll), Skin on Potato Wedges, Cucumber Sticks</p> <p>V. Jacket Potato, Baked Beans, Salad</p> <p>2. Cheese and Tomato Sandwich Packed Lunch (Gluten Free Roll) (Vegan Cheese), Nachos and Raisins.</p> <p>A. Soya Yogurt (Soya)</p> <p>B. Fruit</p>	<p><u>Tuesday</u></p> <p>1. Beef Bolognese, Penne Pasta (Gluten Free Pasta) and Peas</p> <p>V. Quorn Bolognese, Penne Pasta (Gluten Free Pasta) and Peas</p> <p>2. Chicken Mayo Wrap Packed Lunch (Gluten Free Wrap) (Mustard), Nachos, Raisins.</p> <p>A. Cake (No Added Allergens)</p> <p>B. Fruit</p>
<p><u>Wednesday</u></p> <p>1. Roast Gammon, New Potatoes, Seasonal Vegetables and Gravy.</p> <p>V. Quorn Fillet (Gluten – Wheat), New potatoes, Seasonal Vegetable and Gravy.</p> <p>2. Tuna Mayo Sandwich Packed Lunch (Gluten Free Roll) (Fish and Mustard), Nachos and Raisins.</p> <p>A. Gluten Free Apple and Berry Crumble with Vegan Cream</p> <p>B. Fruit</p>	<p><u>Thursday</u></p> <p>1. Pork Meatballs, Wholegrain Rice, Green Beans</p> <p>V. Meat free Meatballs, Wholegrain Rice, Green Beans</p> <p>2. Jacket Potatoes, Baked Beans and Mixed Salad</p> <p>A. Cake (No Added Allergens)</p> <p>B. Fruit</p>
<p><u>Friday</u></p> <p>1. Gluten Free Breaded Fish (Fish), Chips, Baked Beans, Ketchup</p> <p>V. Jacket Potato, Baked Beans, Mixed Salad.</p> <p>2. Cheddar Cheese Ploughman’s (Sliced Cheddar Cheese (Vegan Cheese), Boiled Egg (Egg), Tomato Chutney, Mixed Salad and Crusty Bread (Gluten Free Roll))</p> <p>A.. Cookie (No Added Allergens)</p> <p>B. Fruit</p>	<p>Bread and Yogurt Available Daily</p>