



# Allergy Menu - Autumn Winter 2024

## Allergy Free

# Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Tex Mex Chicken</b> Served with Wholegrain Rice & Sweetcorn	<b>Cottage Pie</b> topped with Root Vegetable Mash, Green Cabbage, Peas & Gravy <b>(932492)</b>	<b>Roast Gammon</b> Served with Crispy Roasties, Broccoli & Gravy	<b>Margherita Pizza</b> Served with Garlic & Herb Wedges and Green Beans <b>(932522)</b>	<b>Homemade Chicken Nuggets</b> Served with Chips and Baked Beans <b>(674852)</b>
Option 2	<b>Enchiladas</b> Served with Wholegrain Rice & Sweetcorn (Kidney Beans) <b>(932503)</b>	<b>Vegetable Pie</b> topped with Root Vegetable Mash, Green Cabbage, Peas & Gravy <b>(932510)</b>		<b>Vegetable Jambalaya</b> Served with Green Beans	
Jacket Potatoes	Crispy Skin Jacket Potato				
Dessert	<b>Cornflake Crispie Cakes</b> <b>(522425)</b>	Jelly & Fruit Slices	<b>Traditional Rice Pudding</b> with Strawberry Jam <b>(932545)</b>	<b>Fruit Salad</b> <b>(906548)</b>	<b>Shortbread Biscuits</b> <b>(932546)</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

Ready to serve





# Allergy Menu - Autumn Winter 2024

## Allergy Free

**Week  
Two**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Mexican Chicken Wrap</b> Served with Wholegrain Rice & Broccoli <b>(932576)</b>	<b>Homemade Pizza Margherita</b> Served with Paprika Wedges & Coleslaw <b>(932604)</b>	<b>Roast Chicken</b> Roasties, Gravy Peas & Sweetcorn <b>(921848)</b>	<b>Bombay Chicken Biryani</b> Served with Wholegrain Rice & Broccoli	<b>Homemade Chicken Nuggets</b> Served with Chips and Broccoli <b>(860454)</b>
Option 2	<b>No Meat Bolognese</b> Served with Penne Pasta & Broccoli <b>(932618)</b>	<b>Cheese &amp; Tomato Pasta Tray bake</b> With Mixed Salad <b>(759322)</b>	<b>Vegetable &amp; Bean Cobbler</b> Served with Crispy Roasties, Carrots & Peas <b>(932638)</b>		
Jacket Potatoes	Crispy Skin Jacket Potato				
Dessert	<b>Apple Crumble</b> <b>(522885)</b>	<b>Vanilla Cookie</b> <b>(584239)</b>	<b>Fruit Bowls</b>	<b>Cornflake Crispie Cakes</b> <b>(522425)</b>	<b>Jelly &amp; Fruit Slices</b>
<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**





# Allergy Menu - Autumn Winter 2024

## Allergy Free

**Week  
Three**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Chicken Curry</b> Wholegrain Rice, Green Beans <b>(525947)</b>	<b>BBQ Veg Pizza</b> Wedges, Broccoli <b>(759170)</b>	<b>Roast Turkey</b> Served with Crispy Roasties, Carrots & Sweetcorn	<b>Vegetable Bean Chilli</b> Served with Wholegrain Rice & Green Beans <b>(932789)</b>	<b>Homemade Chicken Nuggets</b> Served with Chips and Baked Beans <b>(674852)</b>
Option 2	<b>Mild Thai Green Curry Vegetable &amp; Chickpea</b> Served with Wholegrain Rice & Green Beans <b>(932783)</b>		<b>Spiced Beetroot &amp; Lentil Loaf</b> Served With Crispy Roasties, Carrots & Sweetcorn <b>(932776)</b>		
Jacket Potatoes	Crispy Skin Jacket Potato				
Dessert	<b>Peach Crumble</b> <b>(932792)</b>	<b>Fruit Bowls</b>	<b>Vanilla Cookie</b> <b>(584239)</b>	<b>Jelly &amp; Fruit Slices</b>	<b>Shortbread Biscuits</b> <b>(932546)</b>
<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**

