

ALLERGEN MENU

WEEK 1

Monday:

Meat - Gluten Free Pasta with Beef Ragu

Vegan - Gluten Free Pasta & Vegetable Sauce

Pudding - Cake

Tuesday:

Meat - Roast of the day

Vegan - Vegan Chicken Roast Dinner

Pudding - Plant based Yoghurt/ Soya Free Oatgurt

Wednesday:

Meat - Jacket Potato Cheese & Beans

Vegan - Jacket Potato Vegan Cheese & Beans

Pudding - Fresh Melon

Thursday:

Meat - Sausage, Mash & Peas

Vegan - Vegan Sausage, Mash & Peas

Pudding - Jelly Pot

Friday:

Meat - Gluten Free Fish & Chips & Peas

Vegan - Falafel, Chips & Peas

Pudding - Flapjack

**This menu is; Gluten Free, Dairy Free, Egg Free, Soya Free
& Vegan**

May contain Sulphites

ALLERGEN MENU

WEEK 2

Monday:

Meat - Gluten Free Chicken & Bacon Pasta & Sauce

Vegan - Gluten Free Tofu Pasta & Sauce

Pudding - Cake

Tuesday:

Meat -Roast of The Day

Vegan -Vegan Chicken Roast

Pudding - Plant based Yoghurt / Soya Free Oatgurt

Wednesday:

Meat - Jacket Potato & Beans

Vegan - Jacket Potato with mild 3 Bean Chilli

Pudding - Pineapple

Thursday:

Meat - Ham & Tomato Panini

Vegan - Vegan Cheese & Roasted Vegetable Panini

Pudding - Jelly Pot

Friday:

Meat - Gluten Free Fish, Alpha Bites & Sweetcorn

Vegan -Pea Fritters, Alpha Bites & Sweetcorn

Pudding - Flapjack

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WEEK 3

Monday:

Meat - Gluten Free Pasta with Roasted Vegetable & Tomato Sauce

Vegan - Gluten Free Pasta with Roasted Vegetable & Tomato Sauce

Pudding - Cake

Tuesday:

Meat - Roast of the Day

Vegan - Vegan Chicken Roast

Pudding - Plant Based Yoghurt / Soya Free Yoghurt

Wednesday:

Meat - Jacket Potato with Beans

Vegan - Jacket Potato with Beans

Pudding - Melon

Thursday:

Meat - Gluten Free Chicken Korma & Rice

Vegan - Vegetable Curry & Rice

Pudding - Jelly Pot

Friday:

Meat - Gluten Free Fish, Chips & Peas

Vegan - Vegan Nugget, Chips & Peas

Pudding - Flapjack

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