

### Allergy Menu - Autumn Winter 2022 **NGCI & Milk Free**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Option 1	<b>Beef Bolognese</b> With Penne Pasta, Garlic Bread & Green Salad	<b>Cowboy Pie</b> Mash topped Sausage & Bean Pie with Carrots	Roast Chicken Sage & Onion Stuffing Crispy Roasties & Fresh Veggies & Gravy	Mild Chilli Beef & Cheese Homemade Nachos Oven Baked Potato Wedges & Sweetcorn	<b>Golden Fish</b> <b>Fingers (MSC)</b> Chips & Baked Beans	
	583686	583703	468695	585297	468711	
Option 2	<b>Veggie Bolognese</b> With Penne Pasta, Garlic Bread & Green Salad 522412	<b>Veggie Cowboy Pie</b> Mash topped Veggie Mince & Bean Pie with Carrots 522415	<b>Vegan Sausage Roll</b> Crispy Roasties & Fresh Veggies & Gravy 585289	<b>Cheese &amp; Veggie Homemade Nachos</b> Oven Baked Potato Wedges & Sweetcorn 585282	<b>Cheesy Bean Wrap</b> Chips and Baked Beans 522729	
Jacket Potatoes	Crispy Skin Jacket Potatoes					
The Finale	Rocket Lolly	Crispy Chocolate Cornflake Cakes	Golden Syrup Sponge	Pineapple Upside Down Cake	Ginger Cookie	
	522709	583726	585596	583846	468725	
	Please ensure d	ishes in this menu recipe book for t		g the relevant		

# Week One

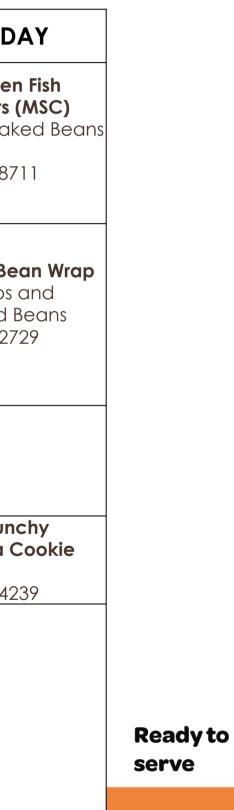




### Allergy Menu - Autumn Winter 2022 NGCI & Milk Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRID	
Option 1	Creamy Chicken Pasta Bake	Classic Beef Burger in a Bun with Oven Baked Wedges & Garden Peas 584101	Roasted Gammon Joint Crispy Roasties, Fresh Veggies & Gravy 457366	Not So Spicy Chicken Tikka Masala Wholegrain Rice, Turmeric Carrots & Peas 584963	<b>Golder</b> <b>Fingers</b> Chips & Bak 4687	
Option 2	Everyday Tomato Pasta	Super Veggie Burger in a Bun with Oven Baked Wedges & Garden Peas 584093	<b>Quorn Roast</b> <b>&amp; Root Veg Traybake</b> Crispy Roasties, Fresh Veggies & Gravy 584632		<b>Cheesy Be</b> Chips Baked B 5227	
Jacket Potatoes		Crispy Skin Jacket Potatoes				
The Finale	Jelly	Marble Sponge Cake	Chocolate Brownie	Blueberry & Cherry Soya Yogurt	Crun Vanilla (	
	& Fruit Slice	584100	584219	522727	5842	
Please ensure dishes in this menu are created using the relevant recipe book for this special diet						

### Week Two





### Allergy Menu - Autumn Winter 2022 NGCI & Milk Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Option 1	Meatball & Pasta Traybake	<b>Toad in the Hole</b> with Creamy Mash, Green Beans & Gravy 585593	<b>Roast Chicken</b> with Crispy Roasties & Fresh Veggies & Gravy 468695	Homemade Chicken Nuggets with Oven Baked Wedges & Broccoli 584321	<b>Golden Fish</b> <b>Fingers (MSC)</b> Chips & Baked Beans 468711		
Option 2	Everyday Tomato Pasta	<b>Quorn Toad in the Hole</b> with Creamy Mash, Green Beans & Gravy 585588	<b>Quorn Roast</b> with Crispy Roasties, Fresh Veggies & Gravy 522870	<b>Crunchy Topped</b> <b>Macaroni Cheese</b> with Oven Baked Wedges & Broccoli 585600	<b>Cheesy Bean Wrap</b> Chips and Baked Beans 522729		
Jacket Potatoes	Crispy Skin Jacket Potatoes						
The Finale	Fresh Fruit Salad 457512	Lemon Cookie 522390	Vanilla Sprinkle Sponge 522872	Apple Crumble 522885	<b>Shortbread</b> 584287		
	Please ensure d	lishes in this menu recipe book for t	u are created using his special diet.	g the relevant	1		

# Week Three

