



Allergy Menu - Autumn Winter 2022

NGCI & Milk Free

Week One

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



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**Week
Two**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|------------------------------------|---|--|--|---|
| 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 | Golden Fish Fingers (MSC) Chips & Baked Beans 468711 |
| Option 2 | Everyday Tomato Pasta | Super Veggie Burger in a Bun with Oven Baked Wedges & Garden Peas 584093 | Quorn Roast & Root Veg Traybake Crispy Roasties, Fresh Veggies & Gravy 584632 | Creamy Vegetable Korma With Wholegrain Rice, Turmeric Carrots & Peas 578929 | Cheesy Bean Wrap Chips and Baked Beans 522729 |
| Jacket Potatoes | Crispy Skin Jacket Potatoes | | | | |
| The Finale | Jelly & Fruit Slice | Marble Sponge Cake 584100 | Chocolate Brownie 584219 | Blueberry & Cherry Soya Yogurt 522727 | Crunchy Vanilla Cookie 584239 |

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**Ready to
serve**





Allergy Menu - Autumn Winter 2022

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Week Three

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|---|
| Option 1 | Meatball & Pasta Traybake | Toad in the Hole with Creamy Mash, Green Beans & Gravy 585593 | Roast Chicken with Crispy Roasties & Fresh Veggies & Gravy 468695 | Homemade Chicken Nuggets with Oven Baked Wedges & Broccoli 584321 | Golden Fish Fingers (MSC) Chips & Baked Beans 468711 |
| Option 2 | Everyday Tomato Pasta | Quorn Toad in the Hole with Creamy Mash, Green Beans & Gravy 585588 | Quorn Roast with Crispy Roasties, Fresh Veggies & Gravy 522870 | Crunchy Topped Macaroni Cheese with Oven Baked Wedges & Broccoli 585600 | Cheesy Bean Wrap 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 | Shortbread 584287 |
| Please ensure dishes in this menu are created using the relevant recipe book for this special diet. | | | | | |