

Week 1 – Spring 1 2024-2025 ALLERGEN Menu

Weeks commencing 7th January, 27th January

<p><u>Monday</u></p> <p>1 Sweet & Sour Chicken, Wholegrain Rice, Green Beans</p> <p>V. Sweet & Sour Vegan Quorn[contains Wheat], Wholegrain Rice, Green Beans</p> <p>2.Vegan Cheese & Cucumber G/F, Vegan Sub Roll, Nachos, raisins</p> <p>A.Vegan Ice Cream [Contains Soya]</p> <p>B. Fruit</p>	<p><u>Tuesday</u></p> <p>1.Free From Ham & Cheese Mac,G/F ,Vegan sub roll Garlic Bread, Peas</p> <p>V.Free From Mac & Cheese,G/F Vegan Sub roll Garlic Bread, Peas</p> <p>2. Jacket potato, Baked beans & Mixed Salad</p> <p>A. Free From Cake and Orange slice</p> <p>B. Fruit</p>
<p><u>Wednesday</u></p> <p>1G/F & Soya free Pork sausage, Mashed potato, Seasonal vegetables & Gravy</p> <p>V. Vegan Quorn Sausage,[Contains wheat] Mashed Potato, Seasonal Vegetables & Gravy</p> <p>2. Jacket Potato Tuna & Cucumber Sticks</p> <p>A Soya Yoghurt & Peach slices</p> <p>B. Fruit</p>	<p><u>Thursday</u></p> <p>1.Chicken Casserole, G/F Vegan Sub roll, Seasonal Vegetables</p> <p>V. Chunky Vegetable Casserole [contains celery], G/F Vegan Sub roll, Seasonal Vegetables</p> <p>2. Ham & Tomato G/F Vegan Sub roll, Nachos, raisins</p> <p>A. Apple & Plum G/F Crumble & Vegan cream</p> <p>B. Fruit</p>
<p><u>Friday</u></p> <p>1. G/ F Fish, Chips, Baked Beans</p> <p>V. Vegan Sausage Roll,[Contains Wheat] Chips, Baked Beans</p> <p>2.Jacket Potato ,Vegan Cheese & Beans & Salad</p> <p>A. Free From Cookie</p> <p>B. Fruit</p>	<p>Bread and Yogurt Available Daily</p>

Week 2 – Spring 1 2024-2025 ALLERGEN Menu

Weeks commencing 13th January, 3rd February

<p><u>Monday</u></p> <p>1. Jumbo Hotdog [G/F & Vegan Sub Roll, G/F & Soya free sausage], B B Q Beans</p> <p>V. Vegan Quorn Dog,[contains wheat] B B Q Beans</p> <p>2. Jacket Potato Vegan cheese & Beans, Mixed salad</p> <p>A Fruit smoothie</p> <p>B. Fruit</p>	<p><u>Tuesday</u></p> <p>1. Beef Bolognese Wholewheat Pasta Bake,[G/F Pasta, Peas</p> <p>V. Vegan Quorn Bolognese Wholewheat pasta Bake,[G/F Pasta] Peas [Quorn contains wheat]</p> <p>2. Tuna Vegan Mayo & Cucumber Baguette,[Vegan & G/F sub roll] Nachos, Raisins</p> <p>A. Fruity Jelly</p> <p>B. Fruit</p>
<p><u>Wednesday</u></p> <p>1. Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy</p> <p>V. Roast Vegan Quorn Fillet,[Contains wheat] Roast Potatoes, Seasonal Vegetables & Gravy</p> <p>2. Jacket Potato Baked beans & Salad</p> <p>A. Free from Oaty Berry Slice</p> <p>B. Fruit</p>	<p><u>Thursday</u></p> <p>1. Gluten & Soya free Pork Meatballs, Wholegrain Rice, Green Beans</p> <p>V. Meatless meatballs, Wholegrain rice, green beans</p> <p>2. Vegan Cheese & Tomato Sub roll, Nachos, raisins</p> <p>A. Free From Cake</p> <p>B. Fruit</p>
<p><u>Friday</u></p> <p>1 G/F Breaded Fish, Chips, Peas, Tomato Ketchup</p> <p>V. Vegetable Enchilada{Contains Wheat}, Chips, Peas, Tomato Ketchup</p> <p>2. Jacket Potato, Vegan Cheese & Beans, Mixed salad</p> <p>A Free From Biscuit</p> <p>B. Fruit</p>	<p>Bread and Yogurt Available Daily</p>

Week 3 – Spring 1 2024-2025 ALLERGEN Menu
 Weeks commencing 20th January, 10th February

<p><u>Monday</u></p> <p>1. Mild Mexican Chicken, Yellow Rice, Peas</p> <p>V. Mild Mexican Vegan Quorn, {contains Wheat}Yellow Rice, Peas</p> <p>2 Jacket Potato, Vegan Cheese, Mixed Salad</p> <p>A. Fruit Smoothie</p> <p>B. Fruit</p>	<p><u>Tuesday</u></p> <p>1. G/F Vegan Sub roll Pepperoni Pizza, Potato Wedges, Sweetcorn</p> <p>V. G/F Vegan Cheese& Tomato sub roll Pizza, Potato wedges, Sweetcorn</p> <p>2.Chicken Vegan Mayo Sub roll, Nachos, Raisins</p> <p>A Free from Sponge & Vegan Cream</p> <p>B. Fruit</p>
<p><u>Wednesday</u></p> <p>1. Roast gammon, New Potatoes, seasonal Vegetables & Gravy</p> <p>V. Free From Cauliflower Cheese, New Potatoes, Seasonal Vegetables & Gravy</p> <p>2. Jacket Potato beans & Salad</p> <p>A.. Free From Cake</p> <p>B. Fruit</p>	<p><u>Thursday</u></p> <p>1. Cottage Pie, Seasonal Vegetables</p> <p>V. Vegan Quorn Cowboy Pie [Contains wheat], Seasonal vegetables</p> <p>2.Tuna Vegan Mayo sub roll, Nachos, Raisins</p> <p>A.Free From Chocolate Orange Rice Pudding</p> <p>B. Fruit</p>
<p><u>Friday</u></p> <p>1. G/F Breaded fish, Chips, Peas, Tomato Ketchup</p> <p>V. Vegan Quorn Dippers,[Contains Wheat] Chips, Peas, Tomato Ketchup</p> <p>2. Jacket Potato, Vegan Cheese, Mixed Salad</p> <p>A. Free From Cookie</p> <p>B. Fruit</p>	<p>Bread and Yogurt Available Daily</p>