

# ALLERGEN AWARE MENU WEEK 1

SERVED W/C:

17<sup>th</sup> Nov | 8<sup>th</sup> Dec | 19<sup>th</sup> Jan | 9<sup>th</sup> Feb |  
2<sup>nd</sup> Mar | 23<sup>rd</sup> Mar | 13<sup>th</sup> Apr

THE  
FOOD  
EXPLORERS

Hutchison

ALLERGEN AWARE MENU

|                                                                                                                                                   | Monday                                             | Tuesday                         | Wednesday                                | Thursday                              | Friday                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------|------------------------------------------|---------------------------------------|--------------------------------------|
| <b>MAIN MEAL</b><br>                                             | <b>OPTION 1</b><br>Rainbow Vegetable Stir Fry Rice | Vegan Margherita Pizza & Wedges | Vegan Sausage Casserole                  | Vegan Bolognaise Pasta                | Cauliflower & Chickpea Bhaji & Chips |
|                                                                                                                                                   | <b>OPTION 2</b><br>Cheese & Ham Pasta              | Traditional Creamy Beef Lasagne | Roast Gammon with Roast Potatoes & Gravy | Chicken in a Katsu Curry Sauce & Rice | Fish Fingers & Chips                 |
| <b>VEGGIES</b><br>                                               | Carrots & Peas                                     | Broccoli                        | Roasted Carrots & Parsnips               | Peas                                  | Beans                                |
| <b>AVAILABLE EVERY DAY</b> Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo |                                                    |                                 |                                          |                                       |                                      |
| <b>SWEET TREATS</b><br>                                        | Lemon Shortbread                                   | Chocolate Banana Cake           | Orange Jelly & Mandarins                 | Apple Sponge                          | Vegan Chocolate Brownie              |

KEY

Nutritionist's Choice

Vegetarian

Vegan





# ALLERGEN AWARE MENU WEEK 2

**SERVED W/C:** 3<sup>rd</sup> Nov | 24<sup>th</sup> Nov | 15<sup>th</sup> Dec | 5<sup>th</sup> Jan | 26<sup>th</sup> Jan  
| 16<sup>th</sup> Feb | 9<sup>th</sup> Mar | 30<sup>th</sup> Mar | 20<sup>th</sup> Apr

THE  
**FOOD  
EXPLORERS**

**Hutchison**

ALLERGEN AWARE MENU

|                                                                                                                                                   | Monday                                             | Tuesday                                    | Wednesday                                | Thursday                           | Friday                |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------|------------------------------------------|------------------------------------|-----------------------|
| <b>MAIN MEAL</b><br>                                             | <b>OPTION 1</b><br>Vegan Margherita Pizza & Wedges | Vegan Sausage with Mashed Potatoes & Gravy | Vegan Cottage Pie                        | Baked Mac 'n' Cheese               | Vegan Sausage & Chips |
| <b>OPTION 2</b>                                                                                                                                   | Salmon & Tomato Pasta Bake                         | Pork Sausage, Mashed Potatoes & Gravy      | Roast Turkey with Roast Potatoes & Gravy | Creamy Chicken Curry & Carrot Rice | Fish & Chips          |
| <b>VEGGIES</b><br>                                               | Peas                                               | Carrot & Peas                              | Broccoli & Cauliflower                   | Carrot & Mixed Salad               | Baked Beans           |
| <b>AVAILABLE EVERY DAY</b> Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo |                                                    |                                            |                                          |                                    |                       |
| <b>SWEET TREATS</b><br>                                        | Chocolate Shortbread                               | Apple Sponge                               | Vegan Chocolate Brownie                  | Raspberry Jelly & Mandarins        | Chocolate Banana Cake |

**KEY**

Nutritionist's Choice

Vegetarian

Vegan





# ALLERGEN AWARE MENU WEEK 3

**SERVED W/C:** 10<sup>th</sup> Nov | 1<sup>st</sup> Dec | 22<sup>nd</sup> Dec | 12<sup>th</sup> Jan |  
2<sup>nd</sup> Feb | 23<sup>rd</sup> Feb | 16<sup>th</sup> Mar | 6<sup>th</sup> Apr

**THE  
FOOD  
EXPLORERS**

**Hutchison**

**ALLERGEN AWARE MENU**

|                                                                                                                                                   | Monday                           | Tuesday                 | Wednesday                | Thursday                           | Friday                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------------------|--------------------------|------------------------------------|-------------------------------|
| <b>MAIN MEAL</b>                                                                                                                                  |                                  |                         |                          |                                    |                               |
| <b>OPTION 1</b>                                                                                                                                   | Mild Plant Based Chilli & Wedges | Baked Mac 'N' Cheese    | Vegan Sausage Roast      | Vegetable Keema Curry              | Cheese & Tomato Pizza & Chips |
| <b>OPTION 2</b>                                                                                                                                   | Chicken & Spinach Pasta Bake     | Mild Beef Chilli        | Roast Chicken & Gravy    | Creamy Chicken Curry & Carrot Rice | Fish Fingers & Chips          |
| <b>VEGGIES</b>                                                                                                                                    | Peas & Carrots                   | Sweetcorn               | Broccoli & Peas          | Carrot & Mixed Salad               | Beans                         |
| <b>AVAILABLE EVERY DAY</b> Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo |                                  |                         |                          |                                    |                               |
| <b>SWEET TREATS</b>                                                                                                                               | Lemon Shortbread                 | Chocolate Beetroot Cake | Orange Jelly & Mandarins | Vegan Chocolate Brownie            | Chocolate Shortbread          |

**KEY**

Nutritionist's Choice

Vegetarian

Vegan

