# ALLERGEN AWARE MENU WEEK 1

**SERVED W/C**

9th Nov | 30th Nov | 21st Dec | 11th Jan | 1st Feb
22nd Feb | 15th Mar | 5th Apr

Hutchison

THE FOOD EXPLORERS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main Meal OPTION 1 | Fajita roasted vegetable pizza with oven baked wedges | Cheesy bean pasta bake (may contain soya) | Vegetable sausages with roast potatoes & gravy | 5 bean chilli with Mexican rice | Vegetable sausages, chips & tomato ketchup |
| Main Meal OPTION 2 | Fajita chicken pizza with oven baked wedges | Beef bolognaise with penne pasta (may contain soya) | Roast gammon with roast potatoes & gravy | Chicken wrap with Mexican rice | Fish & chips with tomato ketchup |
| Veggies | Green beans & sweetcorn | Broccoli | Broccoli & roasted carrot | Rainbow vegetables | Baked beans |
| Sweet Treats | Lemon shortbread | Fruit crumble | Chocolate & banana brownie sponge | Sliced fruit selection | Chocolate shortbread |

**Available Every Day –**

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

**KEY**

Vegan
Vegetarian
Added Lentils
50-50 White & Wholegrain Rice
Added Chickpeas
Made with Pea Protein
Nutritionist's Choice

# ALLERGEN AWARE MENU WEEK 2

**SERVED W/C**

16th Nov | 7th Dec | 28th Dec | 18th Jan | 8th Feb
1st Mar | 22nd Mar

Hutchison

THE FOOD EXPLORERS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main Meal OPTION 1 | Cheese & tomato pizza with oven baked wedges | Smokey BBQ pieces with rice | Veggie all day breakfast | Cheesy cauliflower pasta bake (may contain soya) | Cheese & tomato pizza, chips & tomato ketchup |
| Main Meal OPTION 2 | Sweet chilli salmon melt with oven baked wedges | Chicken katsu with rice | All day breakfast, with pork sausages | Chicken & tomato pasta bake (may contain soya) | Fish & chips with tomato ketchup |
| Veggies | Peas | Rainbow vegetables | Baked beans | Crudites and salad bar selection | Baked beans |
| Sweet Treats | Chocolate brownie | Apple crumble | Chocolate & orange brownie | Watermelon wedge | Fruity flapjack |

**Available Every Day –**

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

**KEY**

Vegan
Vegetarian
Added Lentils
50-50 White & Wholegrain Rice
Added Chickpeas
Made with Pea Protein
Nutritionist's Choice

# ALLERGEN AWARE MENU WEEK 3

**SERVED W/C**

2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan
15th Feb | 8th Mar | 29th Mar

Hutchison

THE FOOD EXPLORERS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main Meal OPTION 1 | Mixed bean bolognaise with penne pasta (may contain soya) | Vegetable sausages with mashed potatoes & gravy | Vegetable sausages with roast potatoes & gravy | Cauliflower & chickpea korma with rice | Vegetable sausages, chips & tomato ketchup |
| Main Meal OPTION 2 | Beef bolognaise with penne pasta (may contain soya) | Pork sausages with mashed potatoes & gravy | Roast chicken breast with roast potatoes & gravy | Chicken korma with rice | Fish & chips with tomato ketchup |
| Veggies | Green beans & sweetcorn | Peas & carrots | Broccoli & roasted carrots | Tomato, cucumber & carrot salad | Baked beans |
| Sweet Treats | Lemon shortbread | Orchard crumble | Raspberry jelly & mandarins | Chocolate & orange brownie | Sliced fruit selection |

**Available Every Day –**

Crunchy colourful Salad Bar
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise
A choice of Fresh Fruit or Jelly

**KEY**

Vegan | Vegetarian | Added Lentils
50-50 White & Wholegrain Rice | Added Chickpeas
Made with Pea Protein | Nutritionist's Choice