



Welcome to our **Spring / Summer 2021 Allergen Aware Menu**

All menu items are free from 13 of the recognised Allergens **other than Fish.**

Allergen Aware Menu	Spring / Summer 2021
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Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Pasta Bake	Allergen Free Pasta Bolognese	Roast Chicken & Gravy	All Day Breakfast with Diced Potatoes	GF Fish Fingers
Option 2 (Vegan)	Little Green Devils Kids Plant Burger *	Vegetable Sausages *	Potato Topped Vegetable Pie	Cauliflower & Tomato Bake	Vegan Stuffed Sweet Potato
Sides	Sweet Potato Wedges, Baked Beans & Sweetcorn	Farmhouse Mixed Vegetables	Roast or Mashed Potato, Cabbage and Carrots	Baked Beans, Grilled Tomatoes and Mushrooms	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Allergen Free Flapjack	Pip Organic Lolly	Fresh Fruit Platter	Fruit Jelly & Vegan Ice Cream (contains Coconut)	GF Oat Cookie
Week starting:	19/04/21 ; 10/05/21 ; 07/06/21 ; 28/06/21 ; 19/07/21; 6/09/2021; 27/09/2021; 18/10/2021				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Allergen Free Chilli Con Carne & Mexican Rice	Allergen Free Pizza	Roast Turkey & Gravy	Chicken & Vegetable Kebabs with Rice	GF Fish Fingers
Option 2 (Vegan)	Curried Potato & Chickpea Cake	Allergen Free Pasta Bake	Vegetable Crumble	Moroccan Vegan Balls in Tomato Sauce & GF Pasta	Vegetable Sausage
Sides	Farmhouse Mixed Vegetables	Wedges, Baked Beans or Sweetcorn	Roast or Mashed Potato, Cabbage and Carrots	Sweetcorn & Green Beans	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Allergen Free Flapjack	Fruit Jelly & Vegan Ice Cream (contains Coconut)	Fresh Fruit Platter	Pip Organic Lolly	GF Shortbread Biscuit
Week starting:	26/04/21 ; 17/05/21 ; 14/06/21 ; 05/07/21; 13/09/2021; 4/10/2021;				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Captains Pasta Bake- contains FISH	Chicken & Vegetable Potato Topped Pie	Roast Gammon & Gravy	Gluten Free Beef Burger*	GF Fish Fingers
Option 2 (Vegan)	Allergen Free Pizza	Swedish Style Balls in Tomato Sauce & GF Pasta	Allergen Free Tomato Tumble	Little Green Devils Plant Burger with Vegan Cheese*	Sticky Vegetable Sausage
Sides	Mashed Potato, Baked Beans or Sweetcorn	Peas and Green Beans	Roast or Mashed Potato, Cauliflower and Carrots	Broccoli and Sweetcorn	Chips, Peas or Baked Beans or Salad Sticks
Desserts	Pip Organic Lolly	Apple Crumble & Vegan Ice Cream (contains Coconut)	Fresh Fruit Platter	Allergen Free Flapjack	GF Oat Cookie
Week starting:	03/05/21 ; 24/05/21 ; 21/06/21 ; 12/07/21; 20/09/2021; 11/10/2021;				

- Available with gluten free seeded bap (contains **EGG**)