ALLERGEN AWARE MENU Week 1

Served W/C 9 Nov, 30 Nov, 11 Jan, 1 Feb, 22 Feb, 15 Mar

Hutchison

THE FOOD EXPLORERS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Fajita roasted vegetable pizza and oven-baked wedges	Cheesy bean pasta bake (may contain soya)	Vegetable sausages with roast potatoes and gravy	5 bean chilli with Mexican rice	Vegetable sausages, chips and tomato ketchup
Main Meal 2	Fajita chicken pizza and oven-baked wedges	Beef bolognaise with penne pasta (may contain soya)	Roast gammon with roast potatoes and gravy	Chicken wrap with Mexican rice	Fish and chips with tomato ketchup
Veggies	Green beans and Sweetcorn	Broccoli	Broccoli and Roasted Carrot	Rainbow Vegetables	Baked Beans
Sweet Treats	Lemon shortbread biscuit	Fruit crumble	Chocolate and Banana Brownie Sponge	Sliced Fruit Selection	Chocolate shortbread

Available Every Day 5 Hot Vegetables and Crunchy colourful Salad Bar | A choice of Fruit, Jelly or Yoghurt | Jacket Potatoes with Vegan Cheese, Beans, Tuna with Vegan Mayonnaise, and Vegan Cheese & Beans

KEY

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

ALLERGEN AWARE MENU Week 2

Served W/C 16 Nov, 7 Dec, 18 Jan, 8 Feb, 1 Mar, 22 Mar

Hutchison

THE FOOD EXPLORERS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Cheese and tomato pizza and oven-baked wedges	Veggie Smokey BBQ pieces with rice	Veggie all day breakfast	Cheesy Cauliflower Pasta Bake (may contain soya)	Cheese and Tomato pizza, chips and tomato ketchup
Main Meal 2	Sweet chilli salmon melt with oven-baked wedges	Chicken katsu with rice	All day breakfast with pork sausages	Chicken and Tomato Pasta Bake (may contain soya)	Fish and chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Baked Beans	Crudites and Salad Bar Selection	Baked Beans
Sweet Treats	Chocolate brownie	Apple crumble	Chocolate and Orange Brownie	Watermelon Wedge	Fruity Flapjack

Available Every Day 5

Hot Vegetables and Crunchy colourful Salad Bar | A choice of Fruit, Jelly or Yoghurt | Jacket Potatoes with Vegan Cheese, Beans, Tuna with Vegan Mayonnaise, and Vegan Cheese & Beans

KEY

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

ALLERGEN AWARE MENU Week 3

Served W/C 2 Nov, 23 Nov, 14 Dec, 4 Jan, 25 Jan, 8 Mar

Hutchison

THE FOOD EXPLORERS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Mixed bean bolognaise with penne pasta (may contain soya)	Vegetable sausages and mashed potatoes with gravy	Vegetable sausages with roast potatoes and gravy	Cauliflower korma with rice	Vegetable sausages, chips and tomato ketchup
Main Meal 2	Beef bolognaise with penne pasta (may contain soya)	Pork sausages and mashed potatoes with gravy	Roast chicken breast with roast potatoes and gravy	Chicken korma with rice	Fish and chips with tomato ketchup
Veggies	Green beans and sweetcorn	Carrots and Peas	Broccoli and Roasted Carrots	Tomato, Cucumber and Carrot Salad	Baked Beans
Sweet Treats	Lemon Shortbread	Orchard crumble	Raspberry Jelly and Mandarins	Chocolate and Orange Brownie	Sliced Fruit Selection

Available Every Day 5

Hot Vegetables and Crunchy colourful Salad Bar | A choice of Fruit, Jelly or Yoghurt | Jacket Potatoes with Vegan Cheese, Beans, Tuna with Vegan Mayonnaise, and Vegan Cheese & Beans

KEY

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