

ALLERGEN AWARE MENU WEEK 1

SERVED W/C:

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

THE
FOOD
EXPLORERS

Hutchison

ALLERGEN AWARE MENU

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN
MEAL



OPTION
1

OPTION
2

Rainbow Vegetable
Stir Fry Rice



Vegan Margherita
Pizza & Wedges



Vegan Sausage
Casserole



Vegan Bolognaise
Pasta



Cauliflower
& Chickpea Bhaji
& Chips



Cheese & Ham
Pasta

Traditional Creamy
Beef Lasagne



Roast Gammon with Roast
Potatoes & Gravy

Chicken in a Katsu
Curry Sauce & Rice

Fish Fingers
& Chips

VEGGIES



Carrots
& Peas



Broccoli



Roasted Carrots
& Parsnips



Peas



Beans



AVAILABLE EVERY DAY

5

Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo

SWEET
TREATS



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: 3rd Nov | 24th Nov | 15th Dec | 5th Jan | 26th Jan
| 16th Feb | 9th Mar | 30th Mar | 20th Apr

**THE
FOOD
EXPLORERS**

Hutchison

ALLERGEN AWARE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL 	OPTION 1 Vegan Margherita Pizza & Wedges	Vegan Sausage with Mashed Potatoes & Gravy	Vegan Cottage Pie	Baked Mac 'n' Cheese	Vegan Sausage & Chips
OPTION 2 	Salmon & Tomato Pasta Bake	Pork Sausage, Mashed Potatoes & Gravy	Roast Turkey with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice	Fish & Chips
VEGGIES 	Peas	Carrot & Peas	Broccoli & Cauliflower	Carrot & Mixed Salad	Baked Beans
AVAILABLE EVERY DAY 5	Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo				
SWEET TREATS 	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: 10th Nov | 1st Dec | 22nd Dec | 12th Jan |
2nd Feb | 23rd Feb | 16th Mar | 6th Apr

**THE
FOOD
EXPLORERS**

Hutchison

ALLERGEN AWARE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL 	OPTION 1 Mild Plant Based Chilli & Wedges	Baked Mac 'N' Cheese	Vegan Sausage Roast	Vegetable Keema Curry	Cheese & Tomato Pizza & Chips
	OPTION 2 Chicken & Spinach Pasta Bake	Mild Beef Chilli	Roast Chicken & Gravy	Creamy Chicken Curry & Carrot Rice	Fish Fingers & Chips
VEGGIES 	Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
AVAILABLE EVERY DAY 5 Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo					
SWEET TREATS 	Lemon Shortbread	Chocolate Beetroot Cake	Orange Jelly & Mandarins	Vegan Chocolate Brownie	Chocolate Shortbread

KEY

Nutritionist's Choice

Vegetarian

Vegan

