

ALLERGEN AWARE MENU WEEK 1

SERVED W/C:

27th Oct | 17th Nov | 8th Dec | 19th Jan |
9th Feb | 2nd Mar | 23rd Mar | 13th Apr

Cucina IFG

ALLERGEN AWARE MENU

Monday Tuesday Wednesday Thursday Friday

MAIN MEAL

















OPTION 1

OPTION 2

VEGGIES

PASTA

SWEET TREATS

Roasted Vegetable Pasta Bake 	Vegan Margherita Pizza & Wedges 	Vegan Sausage Casserole 	Vegetable Katsu Curry & Rice 	Cauliflower & Chickpea Bhaji & Chips 
Sticky Chinese Chicken & Vegetable Rice	Traditional Creamy Beef Lasagne 	Roast Gammon & Gravy	Chicken in a Katsu Curry Sauce & Rice	MSC Approved Fish Fingers & Chips
Carrots & Peas 	Broccoli 	Roasted Potatoes, Carrots & Parsnips 	Peas 	Beans 
Tomato, Vegetable & Basil Pasta 	Tomato, Vegetable & Basil Pasta 	Tomato, Vegetable & Basil Pasta 	Tomato, Vegetable & Basil Pasta 	Tomato, Vegetable & Basil Pasta 

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

Lemon Shortbread 	Chocolate Banana Cake 	Orange Jelly & Mandarins 	Apple Sponge 	Vegan Chocolate Brownie 
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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

Cucina IFG

ALLERGEN AWARE MENU

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

MAIN MEAL

OPTION 1

OPTION 2

Vegan Margherita Pizza & Wedges	Vegan Sausage with Mashed Potatoes & Gravy	Vegan Cottage Pie	Vegan Cheesy Cauliflower Pasta Bake	Vegan Sausage & Chips
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MSC Approved salmon & Tomato Pasta Bake	Pork Sausage, Mashed Potatoes & Gravy	Roast Turkey with Roast Potatoes & Gravy	Mild Caribbean Chicken Curry & Carrot Rice	MSC Approved Fish & Chips
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VEGGIES

Peas	Carrot & Peas	Broccoli & Cauliflower	Carrot & Mixed Salad	Baked Beans
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PASTA

Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta
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AVAILABLE EVERY DAY 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
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KEY Nutritionist's Choice

Vegetarian Vegan

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

MAIN MEAL

OPTION 1

OPTION 2

VEGGIES

PASTA

SWEET TREATS

Mild Plant Based Chilli & Wedges	Baked Mac 'N' Cheese	Vegan Sausage Roast	Vegetable Keema Curry	Cheese & Tomato Pizza & Chips
Chicken & Spinach Pasta Bake	Mild Beef Chilli	Roast Chicken & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta	Tomato, Vegetable & Basil Pasta

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

Lemon Shortbread	Chocolate Beetroot Cake	Orange Jelly & Mandarins	Vegan Chocolate Brownie	Chocolate Shortbread
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KEY Nutritionist's Choice

Vegetarian Vegan