ALLERGEN AWARE MENU WEEK 1

SERVED W/C

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

Cucina IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Mixed bean bolognaise with pasta (may contain soya)	Vegetable sausages with roast potatoes & gravy	5 bean chilli with Mexican rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Roasted vegetable pizza & oven baked wedges	Mild chilli beef & bean pasta bake (may contain soya)	Roast gammon with roast potatoes & gravy	Chicken fajita with Mexican rice	Fish & chips with tomato ketchup
Main Meal HALAL	Roasted vegetable pizza & oven baked wedges	Halal mild chilli beef & bean pasta bake (may contain soya)	Halal roast chicken breast with roast potatoes & gravy	Halal chicken fajita with Mexican rice	Halal fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrot	Rainbow vegetables	Baked beans
Sweet Treats	Chocolate shortbread	Fruit crumble	Orange jelly & mandarins	Sliced fruit selection	Raspberry jelly

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
Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 2

SERVED W/C

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

Cucina IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Margherita pizza & oven baked wedges	Baked creamy mac 'n' cheese (may contain soya)	Vegetable sausages & mashed potatoes with gravy	Mixed bean & vegetable fajita with Mexican rice	Vegetable sausages, chips & tomato ketchup
Main Meal Option 2	Sweet chilli salmon melt & oven baked wedges	BBQ chicken loaded mac 'n' cheese (may contain soya)	Pork sausages with mashed potatoes & gravy	Mild beef chilli topped jacket potato with nacho crunch	Fish & chips with tomato ketchup
Main Meal Halal	Halal sweet chilli salmon melt & oven baked wedges	Halal BBQ chicken loaded mac 'n' cheese (may contain soya)	Halal roast chicken with mashed potatoes and gravy	Halal mild beef chilli topped jacket potato with nacho crunch	Halal fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Baked beans
Sweet Treats	Watermelon wedge	Apple Pie	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
Nutritionist's Choice
50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 3

SERVED W/C

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

Cucina IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Mixed bean bolognaise with pasta (may contain soya)	Vegetable sausages & mashed potatoes with gravy	Vegetable sausages with roast potatoes & gravy	Cauliflower & chickpea korma with mixed rice	Margherita pizza, chips & tomato ketchup
Main Meal OPTION 2	Rainbow vegetable stir fried rice	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	Chicken & chickpea korma with mixed rice	Fish & chips with tomato ketchup
Main Meal HALAL	Rainbow vegetable stir fried rice	Vegetable sausages & mashed potatoes with gravy	Halal roast chicken breast with roast potatoes & gravy	Halal chicken & chickpea korma with mixed rice	Halal 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	Watermelon wedge	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
Nutritionist's Choice
50-50 White & Wholegrain Rice