ALLERGEN AWARE MENU WEEK 1

SERVED W/C 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov

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	Pea-powered vegetable stir fry with carrot rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Roasted vegetable pizza & oven baked wedges	Beef & lentil bolognaise with pasta (may contain soya)	Roast gammon with roast potatoes & gravy	Creamy coconut chicken curry with carrot rice	Fish & chips with tomato ketchup
Main Meal HALAL	Roasted vegetable pizza & oven baked wedges	Halal beef & lentil bolognaise with pasta (may contain soya)	Halal roast chicken breast with roast potatoes & gravy	Halal creamy coconut chicken curry with carrot rice	Halal fish & chips with tomato ketchup
Veggies	Broccoli	Carrots & peas	Carrot & cabbage	Broccoli & cauliflower	Baked beans
Sweet Treats	Lemon shortbread biscuit	Chocolate & banana brownie sponge	Orange jelly & mandarins	Baked apple & cinnamon sponge	Raspberry jelly

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise

KEY

Vegan

Nutritionist's Choice

50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 2

SERVED W/C

14th Sep, 5th Oct, 26th Oct,
16th Nov, 7th Dec

Cucina IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Pea-powered vegetable casserole & new potatoes	Cauliflower pasta bake (may contain soya)	Lentil & sweet potato dahl with vegetable rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Tomato, spinach & salmon pasta (may contain soya)	Chicken & vegetable casserole with new potatoes	Roast turkey breast, roast potatoes & gravy	Lemon & herb chicken with chickpeas & vegetable rice	Fish & chips with tomato ketchup
Main Meal HALAL	Halal tomato, spinach & salmon pasta (may contain soya)	Halal chicken & vegetable casserole with new potatoes	Halal roast turkey breast, roast potatoes & gravy	Halal lemon & herb chicken with chickpeas & vegetable rice	Halal fish & chips with tomato ketchup
Veggies	Broccoli	Peas	Carrots & cauliflower	Selection from the salad bar	Peas
Sweet Treats	Watermelon wedge	Apple crumble	Lemon shortbread biscuit	Carrot cake with orange glaze	Raspberry jelly & mandarins

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise

KEY

Vegan

Nutritionist's Choice

50-50 White & Wholegrain Rice

ALLERGEN AWARE MENU WEEK 3

SERVED W/C

31st Aug, 21st Sep, 12th Oct,
2nd Nov, 23rd Nov, 14th Dec

Cucina IFG

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Pea-powered mild chilli with rice	Vegetable sausages & mashed potatoes with gravy	Vegetable sausages with roast potatoes & gravy	Mac 'n' cheese (may contain soya)	Margherita pizza, chips & tomato ketchup
Main Meal OPTION 2	Mild beef & lentil chilli con carne with rice	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	BBQ chicken loaded mac 'n' cheese (may contain soya)	Fish & chips with tomato ketchup
Main Meal HALAL	Halal mild beef & lentil chilli con carne with rice	Vegetable sausages & mashed potatoes with gravy	Halal roast chicken breast with roast potatoes & gravy	Halal BBQ chicken loaded mac 'n' cheese (may contain soya)	Halal fish & chips with tomato ketchup
Veggies	Sweetcorn	Peas & carrots	Broccoli & carrots	Selection from the salad bar	Baked beans
Sweet Treats	Chocolate shortbread	Apple & summer berry crumble	Watermelon wedge	Raspberry jelly & mandarins	Lemon shortbread biscuit

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise

KEY

Vegan

Nutritionist's Choice

50-50 White & Wholegrain Rice