



WEEK ONE

MONDAY

Main: Vegan Cheese Jacket Potato & Baked Beans
Veg: Vegan Cheese Jacket potato & Baked Beans
Dessert: Rocky Road Cake

TUESDAY

Main: Roast Gammon*
Veg: Vegan Chicken Roast Dinner
Dessert: Plant Based Yoghurt / Soya Free Oatgurt

WEDNESDAY

Main: Gluten Free Pasta with Beef Ragu
Veg: Gluten Free Pasta & Vegetable Sauce
Dessert: Fresh Melon

THURSDAY

Main: Sausage*, Mashed Potato & Peas
Veg: Vegan Sausage, Mashed Potato & Peas
Dessert: Jelly Pot

FRIDAY

Main: Gluten Free Fish, Chips & Peas
Veg: Falafel, Chips & Peas
Dessert: Flapjack

ALLERGEN MENU



WEEK TWO

MONDAY

Main: Meatballs in Sauce with Gluten Free Pasta
Veg: Vegan Meatballs in Sauce with Gluten Free Pasta
(Contains Soya)
Dessert: Vegan Brownie

TUESDAY

Main: Roast Chicken
Veg: Vegan Chicken Roast Dinner
Dessert: Plant Based Yoghurt / Soya Free Oatgurt

WEDNESDAY

Main: Jacket potato with Chili Beef
Veg: Jacket Potato with mild 3 Bean Chili
Dessert: Fresh Melon

THURSDAY

Main: Ham & Tomato Panini (Contains Soya)
Veg: Vegan Cheese & Roasted Vegetable Panini
(Contains Soya)
Dessert: Jelly Pot

FRIDAY

Main: Gluten Free Fish, Alpha Bites & Peas
Veg: Pea Fritters, Alpha Bites & Peas
Dessert: Flapjack



WEEK THREE

MONDAY

Main: Gluten Free Pasta with Roasted Vegetable & Tomato Sauce
Veg: Gluten Free Pasta with Roasted Vegetable & Tomato Sauce
Dessert: Apple Cake

TUESDAY

Main: Roast Beef Dinner
Veg: Vegan Chicken Roast Dinner
Dessert: Plant Based Yoghurt / Soya Free Oatgurt

WEDNESDAY

Main: Gluten Free Chicken Korma & Rice
Veg: Vegetable Curry & Rice
Dessert: Fresh Melon

THURSDAY

Main: Jacket Potato with Beef Ragu
Veg: Jacket Potato with Baked Beans
Dessert: Jelly Pot

FRIDAY

Main: Gluten Free Fish, Chips & Peas
Veg: Vegan Nuggets, Chips & Peas
Dessert: Flapjack



This menu is: Gluten Free, Dairy Free, Egg Free & Vegan
Items containing Soya are stated, please contact us if an alternative is required.

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*May contain Sulphites