

ALLERGEN MENU

07/09/2026 28/09/2026 19/10/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken in Sauce with Gluten free Pasta	Roast Beef	Sausage, Baked Beans & Hash Browns	Chicken Curry & Rice	Free from Fish Fingers, Alpha Bites & Peas
Veggie Main	Tomato & Basil Sauce Gluten Free Pasta	Vegan Roast Dinner	Vegetable Sausage, Baked Beans & Hash Browns	Sweet Potato Curry & Rice	Jacket Potato with Vegan Cheese
Pudding	Free from Sponge	-	-	-	Free from Flapjack
Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt
Fruit	Apple	Orange Wedge	Melon Slice	Pineapple	fruit Salad

14/09/2026 05/10/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato with Baked Beans	Roast Chicken Dinner	Meatballs in gravy with mashed potato	Beef Ragù & Gluten Free Pasta	Free From Fish Fingers, Chips & Peas
Veggie Main	Jacket Potato with Baked Beans	Vegan Chicken Roast	Veggie Balls (contain Soya)	Bean & Lentil Ragù with Gluten Free Pasta	Pea Fritters, Chips & Peas
Pudding	Free from Sponge	-	-	-	Free from Flapjack
Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt
Fruit	Apple	Pineapple	Satsuma	Banana	Fruit Salad

21/09/2026 12/10/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef and Bean Tacos	Roast Chicken Dinner	Free From Chicken Nuggets, Potato Wedges & Baked Beans	Gluten Free Pasta Bolognaise	Free from Fish Fingers, Chips & Peas
Veggie Main	Lentil & Bean Tacos	Vegan Chicken Dinner	Free From Vegan Nuggets, Potato Wedges & Baked Beans	Vegetable Ragù & Gluten Free Pasta	Falafels, Chips & Peas
Dessert	Free from Sponge	-	-	-	Free from Flapjack
Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt	Coconut Yoghurt
Fruit	Apple	Pineapple Wedge	Satsuma	Fruit Salad	Melon Wedge