ALLERGEN AWARE MENU WEEK 1

SERVED W/C

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

Hutchison

THE FOOD EXPLORERS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Roasted vegetable & tomato pasta bake (may contain soya)	5 bean chilli with Mexican rice	Vegetable sausages with roast potatoes & gravy	Baked creamy mac 'n' cheese (may contain soya)	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Mild chilli beef & bean pasta bake (may contain soya)	Chicken fajita with Mexican rice	Roast gammon with roast potatoes & gravy	Creamy chicken, spinach & pesto pasta (may contain soya)	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Broccoli	Broccoli & roasted carrots	Rainbow vegetables	Baked beans
Sweet Treats	Chocolate shortbread	Fruit crumble	Orange jelly & mandarins	Sliced fruit selection	Chocolate shortbread

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

Hutchison

THE FOOD EXPLORERS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Margherita pizza & oven baked wedges	Vegetable sausages & mashed potatoes with gravy	Vegetable sausages with roast potatoes & gravy	Penne pasta with house tomato sauce (may contain soya)	Vegetable sausages, chips & tomato ketchup
Main Meal Option 2	Sweet chilli salmon melt & oven baked wedges	Pork sausages with mashed potatoes & gravy	Roast chicken breast with roast potatoes & gravy	Chicken & sweet potato katsu with rice	Fish & chips with tomato ketchup
Veggies	Peas	Rainbow vegetables	Broccoli & roasted carrots	Crudites and salad bar selection	Peas
Sweet Treats	Watermelon wedge	Apple crumble	Raspberry jelly & mandarins	Sliced fruit selection	Carrot cake shortbread

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

Hutchison

THE FOOD EXPLORERS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal OPTION 1	Margherita pizza & oven baked wedges	Cheesy leek mac 'n' cheese (may contain soya)	Vegetable sausages with roast potatoes & gravy	Vegetable & chickpea stir fry carrot rice	Vegetable sausages, chips & tomato ketchup
Main Meal OPTION 2	Cajun chicken pizza & oven bakes wedges	Beef & lentil bolognaise with pasta (may contain soya)	Roast chicken breast with roast potatoes & gravy	Tomato & herb chicken with rice	Fish & chips with tomato ketchup
Veggies	Green beans & sweetcorn	Peas & carrots	Broccoli & roasted carrots	Tomato, cucumber & carrot salad	Baked beans
Sweet Treats	Watermelon wedge	Apple crumble	Orange jelly & mandarins	Chocolate orange brownie	Lemon shortbread

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