

ALLERGEN AWARE MENU WEEK 1

SERVED W/C:

THE FOOD EXPLORERS

Hutchison

ALLERGEN AWARE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL 	OPTION 1 Roasted Vegetable Pasta Bake	Margherita Pizza & Wedges	Sausage Casserole	Vegetable Katsu Curry with Rice	Cauliflower & Chickpea Bhaji with Chips
	OPTION 2 Sticky Chinese Chicken & Vegetable Rice	Traditional Creamy Beef Lasagne	Roast Gammon & Gravy	Chicken in a Katsu Curry Sauce with Rice	MSC Approved Fish Fingers & Chips
VEGGIES 	Carrots & Peas	Broccoli	Roasted Potatoes, Carrots & Parsnips	Peas	Beans
AVAILABLE EVERY DAY Our crunchy colourful salad and jacket potatoes with vegan cheese, beans, vegan cheese & beans or tuna with vegan mayo					
SWEET TREATS 	Lemon Shortbread	Chocolate Banana Cake	Orange Jelly & Mandarins	Apple Sponge	Chocolate Brownie

KEY

Nutritionist's Choice

Vegetarian



Vegan



Added Wholewheat

