Allergy Free
Autumn/Winter 2026/27

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	BBQ Chicken with Wholegrain Rice	Ham and Cheese Pasta Bake	Roast Chicken with Gravy and Roasties	Cottage Pie	Grilled Chicken and Chips
Veggie Main	Winter Vegetable Stew with Wholegrain Rice	Veggie Bolognese	Roast Veggie Patty with Gravy and Roasties	Mac n Cheese	Cheesy Onion Potato Cakes and Chips
Sides	Broccoli	Sweetcorn and Peppers	Carrots	Peas	Beans
Pasta	Pasta with Homemade Tomato Sauce				
Jacket Potatoes	Jacket Potato with Cheese or Beans				
Dessert	Corn Flakes Flapjack	Rainbow Cookie	Chocolate Biscuit	Apple Crumble	Banana Sponge

Please ensure dishes in this menu are created using the relevant recipe book for this allergy. Dishes highlighted in orange are different to the core menu.

Ready to serve

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Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	All Day Brunch	Chicken Pasta Bake	Roast Gammon, Gravy and Mash	Mild Chicken Curry Wholegrain Rice	Grilled Chicken and Chips
Veggie Main	All Day Veggie Brunch	Veggie Bolognese	Roast Veggie Patty with Gravy and Mash	Spinach and Potato Curry Wholegrain Rice	Cheesy Onion Potato Cakes and Chips
Sides	Hash Brown and Beans	Rainbow Slaw	Carrots	Cauliflower	Peas
Pasta	Pasta with Homemade Tomato Sauce				
Jacket Potatoes	Jacket Potato with Cheese or Beans				
Dessert	Rainbow Cookie	Apple Crumble	Carrot Cake	Jam Sponge	Chocolate Biscuit

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serve

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Autumn/Winter 2026/27

Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Beef Tacos with Diced Potatoes	Beef Bolognese Pasta Bake	Roast Chicken	BBQ Chicken and Rainbow Rice	Grilled Chicken and Chips
Veggie Main	Veggie Cheese Burger Tacos with Diced Potatoes	Veggie Bolognese	Roast Veggie Patty with Gravy and Roasties	BBQ Veg and Rainbow Rice	Cheesy Onion Potato Cakes and Chips
Sides	Green Salad	Sweetcorn	Cabbage	Carrots	Peas
Pasta	Pasta with Homemade Tomato Sauce				
Jacket Potatoes	Jacket Potato with Cheese or Beans				
Dessert	Lemon Cookie	Banana Sponge	Lime and Courgette Cake	Shortbread	Chocolate Brownie

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Ready to serve