

# Spring & Summer 2024 - Allergen Menu

## Week One

Week One

Main Course

### PLANT -POWERED MEATBALL SUBS

Meatballs with our home-made tomato sauce, in a soft bread roll, with pasta

### STICKY CHICKEN

Sweet and sticky Asian-style chicken with steamed vegetable rice

### THE ROAST

Devon sausages with crispy potatoes and gravy

### PIZZA

The classic ham pizza packed with veg and a gooey cheese top, with herby diced potatoes

### FISH FINGERS AND CHIPS

Gluten-free fish fingers with oven-baked chips

(5)

Sides

Garden peas

Broccoli

Sweetcorn

Green beans

Carrot

Garden peas

Carrot sticks

Sweetcorn

Garden peas

Meat Free

### FALAFEL SUB

Beetroot falafels, and a carrot slaw, in a soft roll, with pasta

### VEGGIE FAJITAS

Roasted vegetable strips, in a cajun spiced sauce, wrapped in soft tortillas with steamed vegetable rice

### SUMMER SQUASH AND CHICKPEA ROAST

Sweet and tasty loaf with crispy roast potatoes and gravy

### PIZZA

The original margherita, topped with cheese and tomato, with herby diced potatoes

### CHEESE AND TOMATO TURNOVERS

Golden and crispy on the outside, melted gooey vegan cheese and tomatoes on the inside, with oven baked chips

Jacket Potatoes

Vegan cheese

Tuna (5),

Baked beans

OR Baked beans and vegan cheese

Vegan cheese

Tuna (5),

Baked beans

OR Baked beans and vegan cheese

Vegan cheese

Tuna (5),

Baked beans

OR Baked beans and vegan cheese

Vegan cheese

Tuna (5),

Baked beans

OR Baked beans and vegan cheese

Vegan cheese

Tuna (5),

Baked beans

OR Baked beans and vegan cheese

Filled Baguette

Vegan cheese,

Tuna (5)

OR Gammon ham

Vegan cheese,

Tuna (5)

OR Gammon ham

Vegan cheese,

Tuna (5)

OR Gammon ham

Vegan cheese,

Tuna (5)

OR Gammon ham

Vegan cheese,

Tuna (5)

OR Gammon ham

Dessert

### PEACH COBBLER

Summer fruit flavours with a sponge topping

### EYES COOKIE

Old-fashioned apple flapjack biscuit

### PIP FRUIT ICE LOLLY

Filled with 97% organic fruit

### SUMMER BERRY JELLY

Colourful, tasty and wobbly

### CUSTARD BISCUIT

Thick, crunchy, and crumbly

APRIL

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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MAY

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JUNE

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JULY

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## Allergens Code

(1) Cereals containing Gluten – including wheat, rye, barley & oats (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide (13) Tree Nuts (14) Molluscs



# Spring & Summer 2024 - Allergen Menu

## Week Two

Week Two

Main Course

**PASTA BAR**

Penne pasta, plant-powered bolognese sauce, with garlic and rosemary focaccia bread

**BUTTER CHICKEN CURRY**

A mild creamy lightly spiced chicken curry served over rice

**THE ROAST**

Gammon ham with crispy potatoes, and gravy

**PIZZA**

The all-American with pepperoni and herby diced potatoes

**CHICKEN GOUJON BURGER**

Sustainably-sourced crispy chicken strips, in a soft white bap, with oven baked chips

Sides

Garden peas  
Broccoli

Sweetcorn  
Green beans

Carrot  
Garden peas

Red and yellow pepper sticks  
Sweetcorn

Baked beans

Meat Free

**PASTA BAR**

Penne pasta coated in a rich cheesy sauce, with garlic focaccia bread

**CHICKPEA GLOW BOWL**

Chickpeas with roasted cauliflower, seasonal vegetables and a creamy curry dressing

**LEEK AND VEGAN CHEESE PARCELS**

Creamy, herby and crispy with lots of lovely vegetables and gravy.

**PIZZA**

The original margherita, topped with cheese and tomato, with herby diced potatoes

**CHEESY BBQ PINWHEEL SWIRL**

Crispy pastry with a BBQ cheese filling and oven baked chips

Jacket Potatoes

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan cheese

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan cheese

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan cheese

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan cheese

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan cheese

Filled Baguette

Vegan cheese,  
Tuna (5)  
OR Gammon ham

Vegan cheese,  
Tuna (5)  
OR Gammon ham

Vegan cheese,  
Tuna (5)  
OR Gammon ham

Vegan cheese,  
Tuna (5)  
OR Gammon ham

Vegan cheese,  
Tuna (5)  
OR Gammon ham

Dessert

**CHOCOLATE AND ORANGE MARBLE CAKE**  
A chocolatey, orangey sponge cake

**PIF FRUIT ICE LOLLY**  
Filled with 97% organic fruit

**JAMMIE COOKIE CRUMBLE**  
Oaty, crunchy, and crumbly

**SORBET**  
Refreshing kids sorbet in chef's choice of flavour

**LEMON AND BLUEBERRY MUFFIN**  
Bursting with fresh fruity flavours

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Allergens Code

**fresha**  
responsible catering



# Spring & Summer 2024 - Allergen Menu

## Week Three

Week Three

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course

**HOTDOG**  
Devon sausage in a soft roll with  
lightly spiced potato wedges

**HAM, CHEDDAR AND  
SUMMER VEGETABLE  
PASTA BAKE**  
with garlic bread

**THE ROAST**  
Our take on a summer favourite.  
BBQ chicken with crispy roast  
potatoes

**PIZZA**  
Smoky paprika chicken pizza,  
with herby diced potatoes

**FISH FINGERS**  
Fish fingers, with oven  
baked chips  
(5)

Sides

Baked Beans

Sweetcorn  
Green beans

Corn on the cob  
Home-made slaw

Carrot sticks  
Sweetcorn

Garden peas

Meat Free

**VEGETABLE PASTIES**  
Home-made, packed with  
vegetables, with lightly-  
spiced wedges

**HASSLEBACK POTATO  
BITES**  
Loaded with a vegan cheese,  
garlic, and spring onion  
topping

**MEDITERRANEAN TART**  
Flavours of sunnier  
destinations, in a crunchy  
pastry case, with crispy roast  
potatoes

**PIZZA**  
The original margherita, topped  
with cheese and tomato, with  
herby diced potatoes

**VEGGIE BURGER**  
Veggie burger in a soft roll with  
oven baked chips

Jacket  
Potatoes

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan  
cheese

Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan  
cheese

Vegan cheese  
Tuna (5),  
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cheese

Vegan cheese  
Tuna (5),  
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Vegan cheese  
Tuna (5),  
Baked beans  
OR Baked beans and vegan  
cheese

Filled Baguette

Vegan cheese,  
Tuna (5)  
OR Gammon ham

Vegan cheese,  
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Tuna (5)  
OR Gammon ham

Vegan cheese,  
Tuna (5)  
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Dessert

**CHOCOLATE CRACKNEL**  
Rich, chocolatey, and crunchy

**SORBET**  
Refreshing iced sorbet in chef's  
choice of flavour

**PIP FRUIT ICE LOLLY**  
Filled with 97% organic fruit

**JOLLY JELLY**  
Colourful, tasty and  
wobbly

**SPICED COOKIE**  
Thick, crunchy, crumbly and  
lightly warming

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