Spring & Summer 2024 - Allergen Menu

Week One

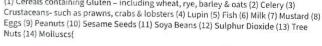
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	PLANT -POWERED MEATBALL SUBS Meatballs with our home-made tomato sauce, in a soft bread roll, with pasta	STICKY CHICKEN Sweet and sticky Asian-style chicken with steamed vegetable rice	THE ROAST Devon sausages with crispy potatoes and gravy	PIZZ A The classic ham pizza packed with veg and a gooey cheese top, with herby diked potatoes	FISH FINGERS AND CHIPS Gluten-free fish fingers with oven- baked chips (5)
Sides	Garden peas Broccoll	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 tortilias with steamed vegetable rice	SUMMER SQUASH AND CHICKPEA ROAST Sweet and tasty loaf with crispy roast potatoes and gravy	PIZZ A The original margherita, topped with cheese and tomato, with herby diced potatoes	CHEESE AND TOMATO TURNOVERS Golden and crispy on the cutside, 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
illed 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 11 avours with a sponge topping	EVES COOKIE Old-fashloned 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

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(1) Cereals containing Gluten – including wheat, rye, barley & oats (2) Celery (3)





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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	PASTA BAR Penne pasta, plant-powered bolognalse sauce, with garlic and rosemary foccacia bread	BUTTER CHICKEN CURRY A mild creamy lightly spked 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 Broccoll	Sweetcorn Green beans	Carrot Garden peas	Red and yellow pepper sticks Sweetcom	Baked bears	
Meat Free	PASTA BAR Penne pasta coated in a rich cheesy sauce, with garlic foccacia 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.	PIZZ A The original margherita, topped with cheese and tomato, with herby diced potoes	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	A
Dessert	CHOCOLATE AND ORANGE MARBLE CAKE A chocolatey, orangey sponge cake	PIP FRUIT ICE LOLLY Filled with 97% organic fruit	JAMMIE COOKIE CRUMBLE Oaty, crunchy, and crumbly	SORBET Refreshing ked sorbet in chefs choice of flavour	LEMON AND BLUEBERRY MUFFIN Bursting with fresh fruity flavours	

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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 SUMINER VEGETABLE PASTA BAKE with garlic bread	THE ROAST Our take on a summer favourite. BBQ chicken with crispy roast potatoes	PIZZ A 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 Veggle 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), 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 CRACKNEL Rich, chocolatey, and crunchy	SORBET Refreshing iced sorbet in chers choice of flavour	PIP FRUIT ICE LOLLY Filled with 97% organic fruit	JOLLY JELLY Colcurful, tasty and wobbly	SPICED COOKIE Thick, crunchy, crumbly and lightly warming

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