



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Monday</b>														
Fragrant Keralan Chicken Curry														
Fragrant Keralan Vegetable Curry (v) VEGAN														
Steamed Rice														
Naan Bread		✓												
Mac 'n' Cheese (v)		✓					✓							
Raspberry Brownie		✓		✓										
<b>Tuesday</b>														
Sticky Sweet Chilli Pork with Egg Noodles		✓		✓										
Sweet Chilli Quorn with Egg Noodles (v)		✓		✓										
Falafel Wrap with Shredded Salad (v) VEGAN		✓												
Fresh Fruit														
<b>Wednesday</b>														
Chicken and Leek Pie		✓		✓			✓							
Vegetable Wellington (v)		✓		✓			✓						✓	
Mashed Potato														
Seasonal Vegetables														
Gravy														
Pork Chilli Nachos with a Sweetcorn and Tomato Salsa														
Zesty Lemon Cheesecake		✓					✓							
<b>Thursday</b>														
Beef Enchilada Bake		✓					✓							
Vegemince and Lentil Enchilada Bake (v)		✓					✓						✓	
Mexican Rice														
Sausages		✓												✓
Mashed Potato														
Gravy														
Fresh Fruit														
<b>Friday</b>														
Battered Fish		✓			✓									
Five Bean Burger (v)														✓
Chips														
Peas														
Baked Beans														
Greek Chicken Flatbread														
Mixed Salad														
Mixed Berry Muffin		✓		✓			✓							

## FRESSSH AUTUMN/WINTER MENU 2022-23 ALLERGEN CHART - WEEK - WEEK TWO



Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Monday</b>														
Chicken Tikka Curry	✓						✓						✓	
Butternut Squash and Courgette Tikka Curry (v) VEGAN														
Steamed Rice														
Naan Bread		✓												
BBQ Quorn Loaded Wedges (v)				✓			✓							
Vanilla Cheesecake		✓					✓							
<b>Tuesday</b>														
Homemade Meatballs in Tomato Sauce		✓												
Vegeballs in Tomato Sauce (v)		✓											✓	
Pasta		✓												
Garlic Bread		✓												
Jamaican Jerk Chicken Wrap with Shredded Salad		✓							✓					✓
Fresh Fruit														
<b>Wednesday</b>														
Roast Pork														
Stuffing		✓												
Vegetarian Sausage, Red Lentil and Tomato Stew (v)		✓		✓			✓							
Mashed Potato														
Seasonal Vegetables														
Gravy														
Moroccan Vegetable Tagine with Couscous (v) VEGAN		✓												✓
Apple Pie		✓												
Custard							✓							
<b>Thursday</b>														
Teriyaki Chicken with Shredded Veg		✓		✓									✓	
Teriyaki Vegetables (v)		✓		✓									✓	
Pasta Carbonara		✓					✓							
Fresh Fruit														
<b>Friday</b>														
Battered Fish		✓			✓									
Salmon Fingers					✓									
Red Onion Quiche (v)		✓		✓			✓							
Chips														
Peas														
Baked Beans														
Curried Pulled Chicken in a Bun		✓		✓			✓							
Lemon Curd Muffin		✓		✓			✓							

**FRESSSH AUTUMN/WINTER MENU 2022-23 ALLERGEN CHART - WEEK - WEEK THREE**

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