

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

























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Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Giuten												
Fragrant Keralan Chicken Curry														
Fragrant Keralan Vegetable Curry (v) VEGAN														
Steamed Rice														
Naan Bread		٧												1
Mac 'n' Cheese (v)		٧					٧							1
Raspberry Brownie		٧		٧										1
Tuesday														
Sticky Sweet Chilli Pork with Egg Noodles		٧		٧										1
Sweet Chilli Quorn with Egg Noodles (v)		٧		٧										i
Falafel Wrap with Shredded Salad (v) VEGAN		٧												i
Fresh Fruit														i
Wednesday														
Chicken and Leek Pie		٧		٧			٧							İ
Vegetable Wellington (v)		٧		٧			٧						٧	İ
Mashed Potato														i
Seasonal Vegetables														i
Gravy														ĺ
Pork Chilli Nachos with a Sweetcorn and Tomato Salsa														İ
Zesty Lemon Cheesecake		٧					٧							İ
Thursday														
Beef Enchilada Bake		٧					٧							i
Vegemince and Lentil Enchilada Bake (v)		٧					٧						٧	İ
Mexican Rice														İ
Sausages		٧												V
Mashed Potato														İ
Gravy														i
Fresh Fruit														i
Friday														
Battered Fish		٧			٧									i
Five Bean Burger (v)														٧
Chips														i
Peas														
Baked Beans														
Greek Chicken Flatbread														
Mixed Salad														
Mixed Berry Muffin		٧		٧			٧							



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

























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Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Gluten												
Chicken Tkka Curry	٧						٧						٧	
Butternut Squash and Courgette Tikka Curry (v) VEGAN														
Steamed Rice														
Naan Bread		٧												
BBQ Quorn Loaded Wedges (v)				٧			٧							
Vanilla Cheesecake		٧					٧							
Tuesday														
Homemade Meatballs in Tomato Sauce		٧												
Vegeballs in Tomato Sauce (v)		٧											٧	
Pasta		٧												
Garlic Bread		٧												
Jamaican Jerk Chicken Wrap with Shredded Salad		٧							٧					٧
Fresh Fruit														
Wednesday														
Roast Pork														
Stuffing		٧												
Vegetarian Sausage, Red Lentil and Tomato Stew (v)		٧		٧			٧							
Mashed Potato														
Seasonal Vegetables														
Gravy														
Moroccan Vegetable Tagine with Couscous (v) VEGAN		٧												٧
Apple Pie		٧												
Custard							٧							
Thursday														
Teriyaki Chicken with Shredded Veg		٧		٧									٧	
Teriyaki Vegetables (v)		٧		٧									٧	
Pasta Carbonara		٧					٧							
Fresh Fruit														
Friday														
Battered Fish		٧			٧									
Salmon Fingers					٧									
Red Onion Quiche (v)		٧		٧			٧							
Chips														
Peas														
Baked Beans														
Curried Pulled Chicken in a Bun		٧		٧			٧							
Lemon Curd Muffin		٧		٧			٧							



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

























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Week 3	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Giuten												
Pork and Pineapple Curry		٧					٧							
Quorn and Pineapple Curry (v)		٧		٧										
Steamed Rice														
Naan Bread		٧												
Chicken and Sweetcorn Quesadilla		٧		٧			٧		٧					
Mixed Berry Meringue Mess							٧						٧	
Tuesday														
Cajun Chicken Pasta Bake		٧					٧							
Creamy Mushroom Spaghetti (v)		٧					٧							
Garlic Bread		٧												
Mixed Salad														
Homemade Pork and Stuffing Burger		٧											٧	
Fresh Fruit														
Wednesday														
Roast Chicken														
Stuffing		٧												
Stuffed Peppers (v)		٧					٧							
Roast Potatoes														
Seasonal Vegetables														
Gravy														
Five Bean Chilli (v) VEGAN														
Steamed Rice														
Forest Fruits Cheesecake		٧					٧							
Thursday														
Cottage Pie														
Vegemince Cottage Pie (v)		٧		٧										
Seasonal Vegetables														
Spicy Singapore Noodles (v)														٧
Fresh Fruit														
Friday														
Battered Fish		٧			٧									
Sweet Potato and Vegetable Fritter (v)														
Chips														
Peas														
Baked Beans														
Onion Bhaji Burger with Spiced Mango Chutney and Shredded Lettuce (v) VEGAN		٧												٧
Beetroot Brownie		٧		٧										