



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Creamy Chicken Korma							✓							
Creamy Quorn Korma (v)							✓							
Steamed Rice														
Naan Bread		✓												
Homemade Roasted Vegetable Pizza (v)		✓					✓							
Raspberry Brownie		✓		✓										
Tuesday														
Meatballs in Tomato Sauce		✓												
Pasta Twists		✓												
Mediterranean Vegetable Al Forno (v)		✓					✓							
Garlic Bread		✓												
Mixed Salad														
Falafel Burger in a Bun VEGAN		✓												
Fresh Fruit Selection														
Wednesday														
Roast Gammon														
Plant Sausage and Red Lentil Stew VEGAN		✓											✓	
Mashed Potato														
Seasonal Vegetables														
Gravy														
Tandoori Chicken Topped Flatbread		✓												
Mixed Berry Meringue Mess				✓			✓							
Thursday														
Teriyaki Chicken with Shredded Vegetables and Egg Noodles		✓		✓									✓	
Teriyaki Vegetables with Egg Noodles (v)		✓		✓									✓	
Mozzarella Topped Tomato and Basil Pasta (v)		✓					✓							
Fresh Fruit Selection														
Friday														
Battered Fish		✓			✓									
Sweet Potato and Vegetable Fritter (v)														
Chunky Chips														
Mushy Peas														
Baked Beans														
Pork Chilli Nachos with a Sweetcorn and Tomato Salsa														
Zesty Lemon Cheesecake		✓					✓							

FRESSSH AUTUMN/WINTER MENU 2023-24 ALLERGEN CHART - WEEK TWO



Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Fragrant Keralan Chicken Curry														
Fragrant Keralan Vegetable Curry (v)														
Steamed Rice														
Naan Bread		✓												
Jumbo Sausage in a Soft Roll with Onions		✓												✓
Mixed Berry Muffin		✓		✓			✓							
Tuesday														
Beef Lasagne		✓					✓							
Vegetarian Bolognese (v)													✓	
Pasta Twists		✓												
Garlic Bread		✓												
Mixed Salad														
Five Bean Chilli with Nachos (v)														
Fresh Fruit Selection														
Wednesday														
Roast Chicken														
Stuffing		✓												
Stuffed Pepper (v)		✓					✓							
Roast Baby Potatoes														
Seasonal Vegetables														
Gravy														
Mexican Wave Plant Burger with Tomato Salsa and Shredded Lettuce VEGAN		✓												
Apple Pie and Custard		✓					✓							
Thursday														
Sweet Chilli Chicken														
Sweet Chilli Vegetables (v)														
Rice Noodles														
BBQ Chicken Loaded Potato Cubes		✓					✓							
Fresh Fruit Selection														
Friday														
Battered Fish		✓			✓									
Red Onion Quiche (v)		✓		✓			✓							
Chunky Chips														
Peas														
Baked Beans														
Chicken Fajita Wrap		✓							✓					
Forest Fruits Cheesecake		✓					✓							

FRESSSH AUTUMN/WINTER MENU 2023-24 ALLERGEN CHART - WEEK THREE



Week 3	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Chicken Tikka Masala Curry							✓						✓	
<i>Butternut Squash and Courgette Tikka Curry VEGAN</i>														
Steamed Rice														
Naan Bread		✓												
Ham and Cheese Quesadilla		✓					✓							
Lemon Curd Muffin		✓		✓			✓							
Tuesday														
Southern-Baked Chicken		✓		✓			✓							
<i>Mediterranean Vegetable Wrap (v)</i>		✓												
Potato Cubes		✓												
Mixed Salad														
<i>Plant Balls with Pasta and Tomato Sauce VEGAN</i>		✓												
Fresh Fruit Selection														
Wednesday														
Slow-Roasted Pork														
<i>Lentil Roast (v)</i>		✓		✓			✓							
Mashed Potato														
Seasonal Vegeables														
Gravy														
Mango and Lime Chicken Wrap with Shredded Lettuce		✓												
Winter Fruit Crumble with Custard		✓					✓							
Thursday														
Beef Enchilada Bake		✓					✓							
<i>Vegemince and Lentil Enchilada Bake (v)</i>		✓					✓						✓	
Mexican Rice														
<i>Mac 'n' Cheese (v)</i>		✓					✓							
Fresh Fruit Selection														
Friday														
Battered Fish		✓			✓									
<i>Five Bean Burger (v)</i>														
Chunky Chips														
Peas														
Baked Beans														
Breaded Chicken Burger with Katsu Sauce		✓		✓					✓					
Vanilla Cheesecake		✓					✓							