

FRESSSH SPRING SUMMER 2024 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														
Chicken Tikka Masala							✓						✓	
Vegetable Tikka Masala <i>PB</i>	✓													
Steamed Rice														
Naan Bread		✓												
Pork and Stuffing Burger with Apple Sauce		✓												
Key Lime Pie		✓		✓			✓							
Tuesday														
Beef Bolognese	✓													
Vegetince Bolognese (v)													✓	
Pasta Twists		✓												
Garlic Bread		✓												
Mixed Salad														
Chicken Souvlaki Wrap		✓												
Fresh Fruit Selection														
Wednesday														
Chicken Pie		✓		✓			✓							
Vegetable Wellington (v)		✓		✓			✓							
Gravy														
Mashed Potato														
Seasonal Vegetables														
Plant Balls in Tomato Sauce <i>PB</i>														
Pasta		✓												
Lemon Drizzle Cake		✓		✓										
Thursday														
Sweet and Sour Pork		✓												
Sweet and Sour Vegetables <i>PB</i>		✓												
Steamed Rice														
Tomato and Bean Loaded Wedges (v)							✓							
Fresh Fruit Selection														
Friday														
Battered Fish		✓			✓									
Tomato and Courgette Frittata (v)				✓			✓							
Chunky Chips														
Peas														
Baked Beans														
Roast Pepper Pizza (v)		✓					✓							
Homemade Blueberry Muffin		✓		✓			✓							

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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														
Fragrant Keralan Chicken Curry	✓													
Fragrant Keralan Vegetable Curry <i>PB</i>	✓													
Steamed Rice														
Naan Bread		✓												
Mac 'n' Cheese <i>(v)</i>		✓					✓							
Lemon Cheesecake		✓					✓						✓	
Tuesday														
Cajun Chicken Pasta Bake		✓					✓		✓					
Mediterranean Vegetable Pasta <i>(v)</i>	✓	✓												
Garlic Bread		✓												
Mixed Salad														
Singapore Noodles <i>PB</i>														✓
Fresh Fruit Selection														
Wednesday														
Slow-Roasted Pork														
Mashed Potato														
Cheese and Potato Pie <i>(v)</i>				✓			✓							
Gravy														
Seasonal Vegetables														
Onion Bhaji Burger with Mango Chutney <i>PB</i>		✓												✓
Spiced Apple Cake		✓		✓			✓							
Thursday														
Beef Burrito Bake		✓					✓							
Vegemince Burrito Bake <i>(v)</i>		✓					✓						✓	
Potato Wedges														
Mixed Salad														
Southern-Baked Chicken in a Roll		✓		✓			✓							
Fresh Fruit Selection														
Friday														
Battered Fish		✓			✓									
Salmon Fingers					✓									
Five Bean Burger <i>(v)</i>		✓												✓
Chunky Chips														
Peas														
Baked Beans														
Five Bean Chilli with Nachos <i>(v)</i>	✓													
Mixed Berry Muffin		✓		✓			✓							