

# ALLERGEN AWARE MENU WEEK 1

SERVED W/C

9<sup>th</sup> Nov | 30<sup>th</sup> Nov | 21<sup>st</sup> Dec | 11<sup>th</sup> Jan | 1<sup>st</sup> Feb  
22<sup>nd</sup> Feb | 15<sup>th</sup> Mar | 5<sup>th</sup> Apr

**Hutchison**

THE  
FOOD  
EXPLORERS

Monday

Tuesday

Wednesday

Thursday

Friday

Main  
Meal



OPTION  
1

OPTION  
2

Fajita roasted vegetable pizza  
with oven baked wedges



Cheesy bean pasta bake  
(may contain soya)



Vegetable sausages  
with roast potatoes & gravy



5 bean chilli  
with Mexican rice



Vegetable sausages, chips  
& tomato ketchup



Fajita chicken pizza  
with oven baked wedges

Beef bolognaise  
with penne pasta  
(may contain soya)



Roast gammon  
with roast potatoes & gravy

Chicken wrap  
with Mexican rice



Fish & chips  
with tomato ketchup

Green beans & sweetcorn



Broccoli



Broccoli & roasted carrot



Rainbow vegetables



Baked beans



Lemon shortbread



Fruit crumble



Chocolate & banana  
brownie sponge



Sliced fruit selection



Chocolate shortbread



Available Every Day -

Crunchy colourful Salad Bar  
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise  
A choice of Fresh Fruit or Jelly

**KEY**

Vegan



Vegetarian



Added Lentils



50-50 White & Wholegrain Rice



Added Chickpeas



Made with Pea Protein



Nutritionist's Choice



ALLERGEN AWARE  
MENU WEEK 2

SERVED W/C

16<sup>th</sup> Nov | 7<sup>th</sup> Dec | 28<sup>th</sup> Dec | 18<sup>th</sup> Jan | 8<sup>th</sup> Feb  
1<sup>st</sup> Mar | 22<sup>nd</sup> Mar

Hutchison



Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

| Monday                                          | Tuesday                     | Wednesday                             | Thursday                                         | Friday                                        |
|-------------------------------------------------|-----------------------------|---------------------------------------|--------------------------------------------------|-----------------------------------------------|
| Cheese & tomato pizza with oven baked wedges    | Smokey BBQ pieces with rice | Veggie all day breakfast              | Cheesy cauliflower pasta bake (may contain soya) | Cheese & tomato pizza, chips & tomato ketchup |
| Sweet chilli salmon melt with oven baked wedges | Chicken katsu with rice     | All day breakfast, with pork sausages | Chicken & tomato pasta bake (may contain soya)   | Fish & chips with tomato ketchup              |
| Peas                                            | Rainbow vegetables          | Baked beans                           | Crudites and salad bar selection                 | Baked beans                                   |
| Chocolate brownie                               | Apple crumble               | Chocolate & orange brownie            | Watermelon wedge                                 | Fruity flapjack                               |

Available Every Day - Crunchy colourful Salad Bar  
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise  
A choice of Fresh Fruit or Jelly



KEY

Vegan Vegetarian Added Lentils

50-50 White & Wholegrain Rice Added Chickpeas

Made with Pea Protein Nutritionist's Choice

ALLERGEN AWARE  
MENU WEEK 3

SERVED W/C

2<sup>nd</sup> Nov | 23<sup>rd</sup> Nov | 14<sup>th</sup> Dec | 4<sup>th</sup> Jan | 25<sup>th</sup> Jan  
15<sup>th</sup> Feb | 8<sup>th</sup> Mar | 29<sup>th</sup> Mar

Hutchison



Main Meal

OPTION 1

OPTION 2

Veggies

Sweet Treats

| Monday                                                                                                                                                                                                                     | Tuesday                                                                                                                                | Wednesday                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Mixed bean bolognaise with penne pasta (may contain soya)<br>                                                                             | Vegetable sausages with mashed potatoes & gravy<br> | Vegetable sausages with roast potatoes & gravy<br> | Cauliflower & chickpea korma with rice<br>    | Vegetable sausages, chips & tomato ketchup<br> |
| Beef bolognaise with penne pasta (may contain soya)<br>  | Pork sausages with mashed potatoes & gravy                                                                                             | Roast chicken breast with roast potatoes & gravy                                                                                      | Chicken korma with rice<br>                   | Fish & chips with tomato ketchup                                                                                                  |
| Green beans & sweetcorn<br>                                                                                                             | Peas & carrots<br>                                | Broccoli & roasted carrots<br>                   | Tomato, cucumber & carrot salad<br>                                                                                                                                                                                                                                                                  | Baked beans<br>                              |
| Lemon shortbread<br>                                                                                                                    | Orchard crumble<br>                               | Raspberry jelly & mandarins<br>                  | Chocolate & orange brownie<br>                                                                                                                                                                                                                                                                       | Sliced fruit selection<br>                   |

Available Every Day - Crunchy colourful Salad Bar  
Jacket Potato with Vegan Cheese, Beans, Vegan Cheese & Beans or Tuna with Vegan Mayonnaise  
A choice of Fresh Fruit or Jelly



KEY

Vegan  Vegetarian  Added Lentils 

50-50 White & Wholegrain Rice  Added Chickpeas 

Made with Pea Protein  Nutritionist's Choice 