

Gluten / Dairy / Egg / Sesame Free Menu – Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup (Ve)	Tangy Tomato Soup (Ve)	Vegetable Soup (Ve)	Leek and Potato Soup (Ve)	Vegetable Soup (Ve)
Option 1	Meat-Free Bangers 'N' Mash (Ve) (Broccoli, Carrot)	Allergy-Friendly Chicken Goujons with Potato Wedges (Rainbow Salad, Coleslaw (Ve)) (serve with condiment)	Margherita Pizza (Ve) (Broccoli, Mexican-Style Corn Salad)	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, Coleslaw (Ve))	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)
Option 2	Allergy-Friendly Creamy Pesto Pasta with (Ve) Garlic Bread (Broccoli, Carrot) (Carrot, Mexican-Style Corn Salad)	Allergy-Friendly Sandwich: Cheese (Ve), Tuna Mayo, or Turkey (Rainbow Salad, Coleslaw (Ve)) (Rainbow Salad, Coleslaw)		Selection of Jacket Potato (Cheese (Ve), or Beans (Ve)) (Rainbow Salad, Coleslaw (Ve))	Vegetable Curry with Rice (Ve) (Sweetcorn, Spinach Salad)
Dessert	Vanilla Dessert (Ve)	Orange Jelly (Ve)	Fruity Iced Smoothie (Ve)	Fruit Salad (Ve)	Fruity Iced Smoothie (Ve)

(V) – Vegetarian

(VE) – Vegan