

Allergy Aware Week 2021

All items on this menu are "Free From" the 14 main allergens!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Arrabiata (Tomato and Chilli)	Chicken and Sweetcorn Pie	Roast Turkey with Gravy	Aromatic Chicken Balti	Loaded Fries with Mexican Beef
Vegetable and Bean Pasty	Vegetable & Chickpea Flatbread	Butterbean Bubble and Squeak with Gravy	Cauliflower, Potato and Green Bean Curry	Loaded Fries with Boston BBQ Beans
Add On's and Sides:				
Potato Wedges Mixed Salad Roasted Butternut Squash	Mashed Potato Potato Wedges Green Beans Peas	Crispy Roasted Potatoes Broccoli Honey Roasted Beetroot & Carrot	Fluffy Rice & Garlic Naan Bread Spiced Carrots Roasted Vegetables	Guacamole Tomato & Sweetcorn Salsa
Desserts:				
Banana Cake	Lemon Sponge	Chocolate Brownie	Orange Sponge	Chocolate Shortbread

Did you know...?

An allergic reaction happens when the immune system reacts to a substance called an allergen ...In a food allergy the allergen is the protein found in food

Over 2 million people in the UK have a food allergy!

The most common food allergies in the UK are cow's milk, egg, fish, peanuts, shellfish, tree nuts, soya and wheat.

Want to know more about the 14 allergens, or allergies in general? Check out our separate resources!

