

LUNCHTIME

World Spring Summer 2025 Allergy Free

Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Bacon, Beans, Wedges & Roast Tomatoes	Mild Chilli Con Carne with Wholegrain Rice and Green Beans	Roast Pork, New Potatoes, Cabbage, Carrots & Gravy	Greek Meatballs with Diced Potatoes and Vegetable Medley	BBQ Chicken, Chips & Beans
Option 2	Sweet Potato Wedges with Sweet Chilli Roasted Veggies & Sweetcorn	Vegetable Bean Chilli with Rice and Green Beans	Mushroom & Sweet Potato Sausages, Cabbage, Carrots, New Potatoes & Gravy	Vegetable Ratatouille with Diced Potatoes and Vegetable Medley	Veggie Bean Patty, Chips & Beans
Pasta	Spaghetti Topped with Homemade Tomato Sauce Available daily				
Jacket Potatoes	Crispy Skin Jacket Potato with a choice of Baked Beans, Mild Chicken Korma or Veggie Bolognese				
Dessert	Apple & Orange Wedges	Jelly Selection	Chocolate Popcorn Bar	Strawberry and Pineapple Jelly	Rocket Lolly

Please ensure dishes in this menu are created using the relevant recipe book for this allergy diet.
Any dishes above without a orange background are the same as the core menu.



FOOD FESTIVAL

By Aspens

Spring Summer 2025
28/04/25, 19/05/25, 09/06/25,
30/06/25, 21/07/25, 11/08/25,
01/09/25, 22/09/25, 13/10/25

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Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Beef Bolognese with Spaghetti, Sweetcorn & Peas	Chicken Korma with Rice and Green Beans	Roast Gammon Skin on Roasties, Mixed Greens & Gravy	Chinese Chicken Rice with Carrots and Green Beans	Sweet Chilli Chicken, Chips & Beans
Option 2	Veggie Bolognese with Spaghetti, Sweetcorn & Peas	Vegetable Korma with Rice and Green Beans	Mushroom & Sweet Potato Sausages, Skin on Roastie, Mixed Greens & Gravy	Veggie Chinese Rice with Carrots and Green Beans	Veggie Bean Patty, Chips & Beans
Pasta	Spaghetti Topped with Homemade Tomato Sauce Available daily				
Jacket Potatoes	Crispy Skin Jacket Potato with a choice of Baked Beans, Mild Chicken Korma or Veggie Bolognese				
Dessert	Pineapple Sticks	Watermelon Wedge	Rice Pudding & Jam	Apple & Orange Wedges	Rocket Lolly

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Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Loaded Cajun Beef & Corn Potato Wedges served with Green Salad	Mild Chicken Biryani with Green Beans	Roast Chicken, Skin on Roasties Served with Carrots, Peas & Gravy	Caribbean Pineapple Chicken Rundown with Wholegrain Rice and Sweetcorn	BBQ Chicken, Chips & Beans
Option 2	Veggie Shepherds Pie With Green Salad	Veggie Beans with Rice and Green Beans	Mushroom & Sweet Potato Sausages Skin on Roasties with Carrots, Peas & Gravy	Caribbean Sweet Potato Coconut Bean Stew with Wholegrain Rice and Sweetcorn	Veggie Bean Patty, Chips & Beans
Pasta	Spaghetti Topped with Homemade Tomato Sauce Available daily				
Jacket Potatoes	Crispy Skin Jacket Potato with a choice of Baked Beans, Mild Chicken Korma or Veggie Bolognese				
Dessert	Apple & Orange Wedges	Jelly Selection	Chocolate Mousse	Watermelon Wedges	Rocket Lolly

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