



# ALLERGEN AWARE MENU



**Spring / Summer 2024**

All menu items are free from 13 of the recognised Allergens **other than Fish**.

Option 2 everyday will always be Vegan suitable.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF/DF Pizza Margherita	GF Beef Burger In a GF/DF Bap	Roast Chicken	<b>GF/DF Salmon &amp; Broccoli Pasta</b> In Tomato Sauce	GF/DF <b>Fish</b> Fingers
Option 2	Vegetable GF /DF Pasta Bake	Homemade Bean Burger In a GF/DF Bap	GF/DF Veggie Crumble	GF/DF Mac & Cheese	GF/DF pizza wrap
Sides	Sweetcorn & GF Bread	Veggie Sticks Baked beans	Seasonal vegetables Roast & Gravy	Green Beans GF Bread	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Iced Fruit Smoothie	GF/DF Fruit Crumble	Organic Pip Ice lolly	GF/ DF Flapjack & Apple Wedges	Allergen Free Chocolate Shortbread
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting:	15/04/24 - 07/05/24 - 03/06/24 - 24/06/24 - 15/07/24 - 09/09/24 - 30/09/24 - 21/10/24				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF/DF Pizza Margherita	GF/DF Sausage Roll	Roast Gammon	GF/DF Meatballs in Tomato sauce	GF/DF <b>Fish</b> Fingers
Option 2	GF Vegetable Fajita	GF/DF Cheese & Onion Roll	GF/DF Cheese & Potato Pie	Plant Based Mini 'Meat' Balls in Tomato sauce	GF/DF pizza wrap
Sides	Sweetcorn Crunchy Salad GF Pasta	Baked Beans or Crunchy Salad Sticks Diced Potatoes	Seasonal vegetables Roast Potatoes & Gravy	GF Pasta & Country Mixed Veg	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Iced Fruit Smoothie	Allergen Free Shortbread	Organic Pip Ice lolly	Vegan Mandarin Jelly	GF/DF Oat & Sultana Cookie
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	22/04/24 – 13/05/24 – 10/06/24 – 01/07/24 – 22/07/24 – 16/09/24 – 07/10/24				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	GF/DF Pizza Margherita	Sliced Chicken Breast	Norse's Butchers GF Sausages	Beef Bolognese	GF/DF <b>Fish</b> Fingers
Option 2	Roasted Vegetable GF/DF Pasta Bake	GF / DF Cheese Wheel	GF/DF Plant Based Veggie Balls	Vegetable Bolognese	GF/DF Mixed Bean Fajita
Sides	Sweetcorn Crunchy Salad	Baked Beans or Peas Diced Potatoes	Seasonal vegetables Roast Potatoes & Gravy	GF Pasta Green beans GF Bread	Baked Beans or Crunchy Veg Sticks & Chips
Desserts	Iced Fruit Smoothie	Fresh Fruit Salad	Organic Pip Ice lolly	GF/DF Oaty Apple Cookie	Allergen Free Shortbread Cookie
Jacket Potato	Beans (Vegan Cheese available on request)				
Week starting	29/04/24 – 20/05/24 – 17/06/24 – 08/07/24 – 02/09/24 – 23/09/24 – 14/10/24				

**“Putting Children at the Heart of What We Do”**

[www.swnorse.co.uk](http://www.swnorse.co.uk)

Please ensure a Special Diet Form has been completed

