

#### WEEK 1

### **Autumn Winter 2025/26**

01/09/25, 22/09/25, 13/10/25, 03/11/25, 24/11/25, 15/12/25, 05/01/26, 26/01/26, 16/02/26, 09/03/26, 30/03/26



# **Allergy Free World Menu** Autumn/Winter 2025-26



## MONDAY

Tomato and Basil Chicken with Rice and Vegetable Sticks

Mild Chilli Con Carne with Rice

and Green Beans

TUESDAY

Vegetable Chilli with Rice and Green Beans

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### WEDNESDAY

Roast Chicken, Skin on Roasties, Gravy with Carrots and Cabbage

Mushroom & Sweet Potato Sausages, Skin on Roasties, Gravy, Carrots and Cabbage

**Crispy Skin Jacket Potato** with a choice of Mild Chicken Korma or Veggie Bolognese or Baked Beans

## THURSDAY

Moroccan Meatball Tagine and Rice with Mixed Greens

Southern Fried Chicken Fillet with Chips and Peas

Veggie Stir Fry with Rice and Vegetable Sticks غېري په رخېري په رخېري په رخېري په رخېري

**Sweet Potato Tagine** and Rice with Mixed Greens

Veggie Bean Patty with Chips and Peas

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MEAT-FREE

MAGIC



**Lemon Cookies** 

Strawberry and Pineapple Jelly

Chocolate Banana Bread

**Apple Crumble** 

**Chocolate Brownie** 







#### WEEK 2

### **Autumn Winter 2025/26**

08/09/25, 29/09/25, 20/10/25, 10/11/25, 01/12/25, 22/12/25, 12/01/26, 02/02/26, 23/02/26, 16/03/26



# **Allergy Free World Menu** Autumn/Winter 2025-26





BBO Chicken & Wedges with

TUESDAY

WEDNESDAY

THURSDAY

Sweetcorn

Chicken Jambalaya and Broccoli

Roast Gammon, Skin on Roasties, Gravy with Carrots and Peas

Spanish Chicken Stew, Potatoes & **Tomato Sauce** with Mixed Greens

Southern Fried Chicken Fillet with Chips and **Baked Beans** 



Green Veg & Butter Bean Stew with Wedges and Sweetcorn عبد بدريد بدريد بدريد و بالبرد بدريد

Veggie Beans with Rice and Broccoli

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Mushroom & Sweet Potato Sausages, Skin on Roasties, Gravy, Carrots and Peas

**Crispy Skin Jacket Potato** with a choice of Mild Chicken Korma or Veggie Bolognese or Baked Beans

Spanish Spinach & Chickpeas with Potatoes, Tomato Sauce and Mixed Greens

Veggie Bean Patty with Chips and Baked Beans

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Chocolate **Popcorn Bars**  Orange and Peach Jelly

Apple Muffin

Brownie

**Shortbread** 







#### WEEK 3

### **Autumn Winter 2025/26**

15/09/25, 06/10/25, 27/10/25, 17/11/25, 08/12/25, 29/12/25, 19/01/26, 09/02/26, 02/03/26, 23/03/26



# **Allergy Free World Menu** Autumn/Winter 2025-26





Loaded Cajun Beef &

Corn Potato Wedges

and Vegetable Sticks

Chicken Korma

WEDNESDAY

THURSDAY

Jerk Chicken

with Rice and Sweetcorn

FRIDAY



MEAT-FREE MAGIC





Filled Jackets





with Rice, Carrots and Green Beans

TUESDAY

Veggie Korma with Rice, Carrots and Green Beans

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Skin on Roasties with **Gravy and Roasted Roots** 

Roast Pork,

Mushroom & Sweet Potato Sausages, Skin on Roasties, Gravy and Roasted Roots -

**Sweet Potato Coconut** Bean Stew with Rice

and Sweetcorn

Southern Fried Chicken Fillet with Chips and **Baked Beans** 

Veggie Bean Patty with Chips and Baked Beans

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with a choice of Mild Chicken Korma or Veggie Bolognese or Baked Beans

Chocolate **Popcorn Bars** 

Jelly

Chocolate Shortbread

**Fruit Salad** 

Cocoa Cookies



