

Allergen free menu

Starter

Tomato Soup     **VG**

Main courses

Spicy Bean Casserole    **VG**

Served with potato wedges, broccoli, peas and sweetcorn.

Provençale Vegetable Bake    **VG**

Courgette, haricot beans and peppers, topped with sauté potatoes served with green beans, peas and broccoli.

Cauliflower & Butterbean

Curry     **LP**

Served with yellow rice.

Roast Chicken in Gravy   **LP**

Served with roast potatoes, mashed carrots and peas.

Chicken, Bacon & Thyme Hotpot   **LP**

Topped with sauté potatoes, served with mashed carrot & swede, broccoli, green beans and peas.

Roast Lamb in Minty Gravy  **LP**

Served with roast potatoes, minty green beans and peas.

Chilli Con Carne   **LP**

Served with vegetable rice.

Cottage Pie    **LP**

Served with carrots and swede.

Roast Pork in Gravy  **LP**

Served with roast potatoes, carrots and peas.

Information

Since we cannot guarantee that items other than the allergen free meals are free from the 14 allergens; breakfast, dessert and snack choices will need to be selected on an individual basis dependent on your specific allergy/allergies, risk and with advice from clinical staff.

All allergen free meals will be served in their original packaging.

Important:

This menu can be guaranteed as free from the following allergens: Celery, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanut, Sesame, Soya and Sulphites.

Further information regarding nutritional content and food allergens is available upon request; please ask your Catering Team.

Menu codes

 Higher Energy

 Healthier Eating

 Easy to Chew

 Vegetarian

 Vegan

 Low Potassium