Trinity Academy Akroydon – Free From (FF) Summer Menu 25/26

Week 1 Meat-Free Monday Main: ○ Gluten Free Pasta with Tomato Sauce 9 ○ Sweet Potato Falafel Sandwich Dessert: FF Rocky Road 7	**Week 1** Tuesday Main: ○ Jacket Potato with Baked Beans, Mixed Veg ○ Chicken Sandwich Dessert: Fruit	**Week 1** Wednesday Main: ○ Sausage Dinner, Roast Potatoes, Veggies, Gravy 7, 9, 10 ○ Ham Sandwich Dessert: Fruit Jelly	**Week 1** Thursday Main: ○ Chicken Korma with Rice, Mixed Veg 7, 9 ○ Chicken Sandwich Dessert: Banana	**Week 1** Friday Main: ○ FF Fish Fillet with Potato Wedges & Peas 6 ○ Chicken Sandwich Dessert: Fruit
Week 2 Meat-Free Monday Main: ○ FF Cauliflower & Lentil Pie, Veg 9, 10 ○ Falafel Sandwich Dessert: FF Fruitcake 7	**Week 2** Tuesday Main: ○ Jacket Potato with Bolognaise, Veg 9 ○ Chicken Sandwich Dessert: Fruit	**Week 2** Wednesday Main: ○ Chicken Dinner, Roast Potatoes, Veggies, Gravy 7, 10 ○ Ham Sandwich Dessert: Fruit	**Week 2** Thursday Main: ○ Chicken Tikka Masala, Rice & Veg 7, 9 ○ Chicken Sandwich Dessert: Fruit Jelly	**Week 2** Friday Main: ○ FF Beef Burger with Potato Wedges & Corn on the Cob 6 ○ Ham Sandwich Dessert: Ice Lolly
Week 3 Meat-Free Monday Main: ○ Gluten Free Spaghetti with Tomato Sauce, Veg 7, 9 ○ Hummus & Salad Sandwich Dessert: Strawberry Smoothie	**Week 3** Tuesday Main: ○ Chicken Goujons, Potato Wedges, Baked Beans, Veg ○ Ham Sandwich Dessert: Fruit	**Week 3** Wednesday Main: ○ Sausage Dinner, Roast Potatoes, Veggies, Gravy 7, 9, 10 ○ Chicken & Lettuce Sandwich Dessert: FF Fruitcake 7	**Week 3** Thursday Main: ○ Chicken Tikka Masala, Rice, Veg 7, 9 ○ Ham Sandwich Dessert: Fruit Jelly	**Week 3** Friday Main: ○ FF Fish Fingers, Potato Wedges, Baked Beans & Peas 6 ○ Chicken Sandwich Dessert: Ice Lolly

Note: all sandwiches listed above are made without butter

Allergens

1, Wheat – Cereals (contains gluten)
2, Peanuts
3, Tree nuts – like walnuts, almonds, pine nuts, Brazil nuts and pecans
4, Milk
5, Eggs
6, Fish
7, Soy
8, Shellfish
9, Celery
10, Sulphite
11, Mustard
12, Lupin
13, Molluscs
14, Sesame Seeds