

Sydney Russel - Allergy Free Menu

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



DF/GF BBQ Chicken Pizza

Piri Piri Chicken

Beef Cottage Pie

Chicken Curry

Bunless Homemade Beef Burger with Chips

VEGGIE



DF/GF Veggie Supreme Pizza

Jacket Potato with Baked Beans and DF Cheese

Roasted Vegetable Cottage Pie

Allergy Free Vegetable Curry

Jacket Potato with Baked Beans and DF Cheese

SIDES



Homemade Potato Wedges & Green Salad

Steamed Rice & Green Beans

Roasted Carrots & Parsnips

Steamed Rice & Green Beans

Beans or Peas

V

V

V S

V

V

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket Potato with Baked Beans and DF Cheese

GF Tomato & Basil Pasta

Jacket Potato with Baked Beans and DF Cheese

DF/GF Cheesy Pasta

PUD



Chef's Allergen Free Cake

Chef's Allergen Free Cake

GF Apple Crumble

Chef's Allergen Free Cake

GF Shortbread Biscuit

DAILY SALAD BAR | FRESH FRUIT



DATES

4 SEP / 22 SEP /
13 OCT / 10 NOV /
1 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG

Olive
dining
food with passion

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THEME DAYS

MAIN



Chicken Stir Fry

Bunless Homemade Beef Burger

Roast Chicken & Gravy

Beef Bolognese with GF Pasta

DF/GF Chicken & Sweetcorn Pizza

VEGGIE



Stir Fried Vegetables

Bunless Spinach & Chickpea Burger

Roasted Vegetable Cottage Pie

DF/GF Mac & Cheese

DF/GF Cheese & Tomato Pizza

SIDES



Steamed Rice & Stir Fried Greens

Homemade Potato Wedges with Baked Beans or Green Salad

Rustic Roast Potatoes with Roasted Carrots & Parsnips

Mixed Green Salad

Beans or Peas

V

V S

V

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket Potato with Baked Beans and DF Cheese

GF Tomato & Basil Pasta

Jacket Potato with Baked Beans and DF Cheese

DF/GF Cheesy Pasta

PUD



GF Chocolate Shortbread Biscuit

Fresh Fruit

GF Winter Fruit Crumble

Chef's Allergen Free Cake

Fruit Jelly

V

V

DAILY SALAD BAR | FRESH FRUIT



DATES

8 SEP / 29 SEP /
20 OCT / 17 NOV /
8 DEC

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MONDAY

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FRIDAY

THEME DAYS

MAIN



Jerk Chicken Curry

Beef Bolognese with GF Pasta

Homemade Chicken Meatballs & Gravy

Roast Chicken & Homemade Potato Wedges

BBQ Chicken & Chips

VEGGIE



Allergen Free Vegetable Curry

DF/GF Roasted Squash & Root Vegetable Pasta

Roasted Vegetable Cottage Pie

Honey Glazed Beans & Vegetables

Jacket Potato with Baked Beans and DF Cheese

SIDES



Rice & Peas With Green Beans

Mixed Green Salad

Rustic Roast Potatoes with Roasted Carrots & Parsnips

Carrots & Green Beans

Beans or Peas

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket Potato with Baked Beans and DF Cheese

GF Tomato & Basil Pasta

Jacket Potato with Baked Beans and DF Cheese

DF/GF Cheesy Pasta

PUD



Chef's Allergen Free Cake

Fruit Jelly

Chef's Allergen Free Cake

GF Apple Crumble

GF Vanilla Shortbread Biscuit

DAILY SALAD BAR | FRESH FRUIT



DATES

15 SEP / 6 OCT /
3 NOV / 24 NOV /
15 DEC

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