

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti with Meatballs (G, S, Ce) Vegetable Soup (Ce, G)	Potato Rosti with Cowboy Beans (Ce) Vegetable Risotto (Ce, D)	Veggie Burger & Salad (G) Butterbean Goulash & Mash (Ce, D)	Baked Tomato Gnocchi (G, Ce, D) Sweet & Sour Tofu Noodles (G, S)	Pizza and New Potatoes (G, D) Dahl and Naan Bread (Ce, G)
	Light Meal	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Coconut and Raspberry Cake (G)	Fruit Crumble & Custard (G, D)	Banoffee Pie (D, G)	Selection of Ice Creams (D)
WEEK 2	Main Option	Mac & Cheese (G, D, Mu) Tomato Basil Soup (Ce, G)	Bean Quesadilla & Rice (Ce, G, D) Stew & Cheesy Dumplings (G, Ce, D)	Mozzarella, Basil and Tomato Panini (G, D) Vegetable Thai Curry & Rice (Ce)	Sausage, Mash and Gravy (G, D, S) Chinese Fried Rice (S)	Pizza and New Potatoes (G, D) Dahl and Naan Bread (Ce, G)
	Light Meal	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Jelly and Fruit	Seeded Flapjack (G, D)	Chocolate Cake (G, D)	Selection of Ice Creams (D)
WEEK 3	Main Option	Pesto Pasta (G) Minestrone Soup (Ce, G)	Chilli, Wedges & Sour Cream (D, Ce) Broccoli and Cheese Pastry (G, D)	Sausage Roll and Salad (G, S) Tofu Katsu Curry (S, G, Ce)	Vegetable Lasagne (Ce, D, S, G) Chickpea and Red Pepper Curry (Ce)	Pizza and New Potatoes (G, D) Dahl and Naan Bread (Ce, G)
	Light Meal	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits	Jacket Potato & toppings (D) Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Chocolate Flapjack (G, D)	Cheesecake (G, D)	Banana Cake (G)	Selection of Ice Creams (D)

Allergens:

(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1: 10/3, 31/3, 5/5, 2/6, 23/6, 14/7

Week 2: 24/2, 17/3, 21/4, 12/5, 9/6, 30/6, 21/7

Week 3: 3/3, 24/3, 28/4, 19/5, 16/6, 7/7

Avanti Park Frome Spring Summer Menu 2025 Gluten Free Vegan Menu

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti Bolognese (Ce) Vegetable Soup (Ce)	Potato Rosti with Cowboy Beans (Ce)	Butterbean Goulash & Mash (Ce)	Sweet & Sour Cauliflower and Rice	Pizza and New Potatoes Dahl & Rice (Ce)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Coconut Yoghurt	Coconut and Lime Cake	Fruit Crumble & Custard	Lemon Cookie	Fruity Ice Lolly
WEEK 2	Main Option	Mac & Cheese (Mu) Tomato Basil Soup (Ce)	Bean Quesadilla & Rice (Ce)	Vegetable Thai Curry & Rice (Ce)	Chinese Fried Rice	Pizza and New Potatoes Dahl & Rice (Ce)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Coconut Yoghurt	Jelly and Fruit	Seeded Flapjack	Chocolate Cake	Fruity Ice Lolly
WEEK 3	Main Option	Pesto Pasta Minestrone Soup (Ce)	Chilli & Wedges (Ce)	Cauliflower Katsu Curry (Ce)	Chickpea and Red Pepper Curry (Ce)	Pizza and New Potatoes Dahl & Rice (Ce)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Coconut Yoghurt	Fruity Flapjack	Chocolate Pudding	Banana Cake	Fruity Ice Lolly

Allergens:

(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Week 1: 10/3, 31/3, 5/5, 2/6, 23/6, 14/7

Week 2: 24/2, 17/3, 21/4, 12/5, 9/6, 30/6, 21/7

Week 3: 3/3, 24/3, 28/4, 19/5, 16/6, 7/7

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Spaghetti with Meatballs (G, Ce, S) Vegetable Soup (Ce, G)	Potato Rosti with Cowboy Beans (Ce)	Veggie Burger & Salad (G) Butterbean Goulash & Mash (Ce)	Baked Tomato Gnocchi (G, Ce) Sweet & Sour Tofu Noodles (G,S)	Pizza and New Potatoes (G) Dahl and Naan Bread (Ce, G)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruit
	Dessert	Fruit Yoghurt (S)	Coconut and Raspberry Cake (G)	Fruit Crumble & Custard (G)	Chocolate Brownie (G)	Fruity Ice Lolly
WEEK 2	Main Option	Mac & Cheese (G, Mu) Tomato Basil Soup (Ce, G)	Bean Quesadilla & Rice (Ce, G)	Sheese, Basil and Tomato Panini (G) Vegetable Thai Curry & Rice (Ce)	Sausage, Mash and Gravy (G,S) Chinese Fried Rice (S)	Pizza and New Potatoes (G) Dahl and Naan Bread (Ce, G)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (S)	Jelly and Fruit	Seeded Flapjack (G)	Chocolate Cake (G)	Fruity Ice Lolly
WEEK 3	Main Option	Pesto Pasta (G) Minestrone Soup (Ce, G)	Chilli & Wedges (Ce)	Sausage Roll and Salad (G,S) Tofu Katsu Curry (S, G, Ce)	Vegetable Lasagne (Ce,G, S) Chickpea and Red Pepper Curry (Ce)	Pizza and New Potatoes (G) Dahl and Naan Bread (Ce, G)
	Light Meal	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (S)	Fruity Flapjack (G)	Chocolate Pudding	Banana Cake (G)	Fruity Ice Lolly

Allergens:

(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1: 10/3, 31/3, 5/5, 2/6, 23/6, 14/7

Week 2: 24/2, 17/3, 21/4, 12/5, 9/6, 30/6, 21/7

Week 3: 3/3, 24/3, 28/4, 19/5, 16/6, 7/7