

ALLERGY AWARE MEAT & VEGETARIAN

AUTUMN/WINTER 2024

This menu is suitable for children with an allergy and/or intolerance within the 14 main EU allergens.

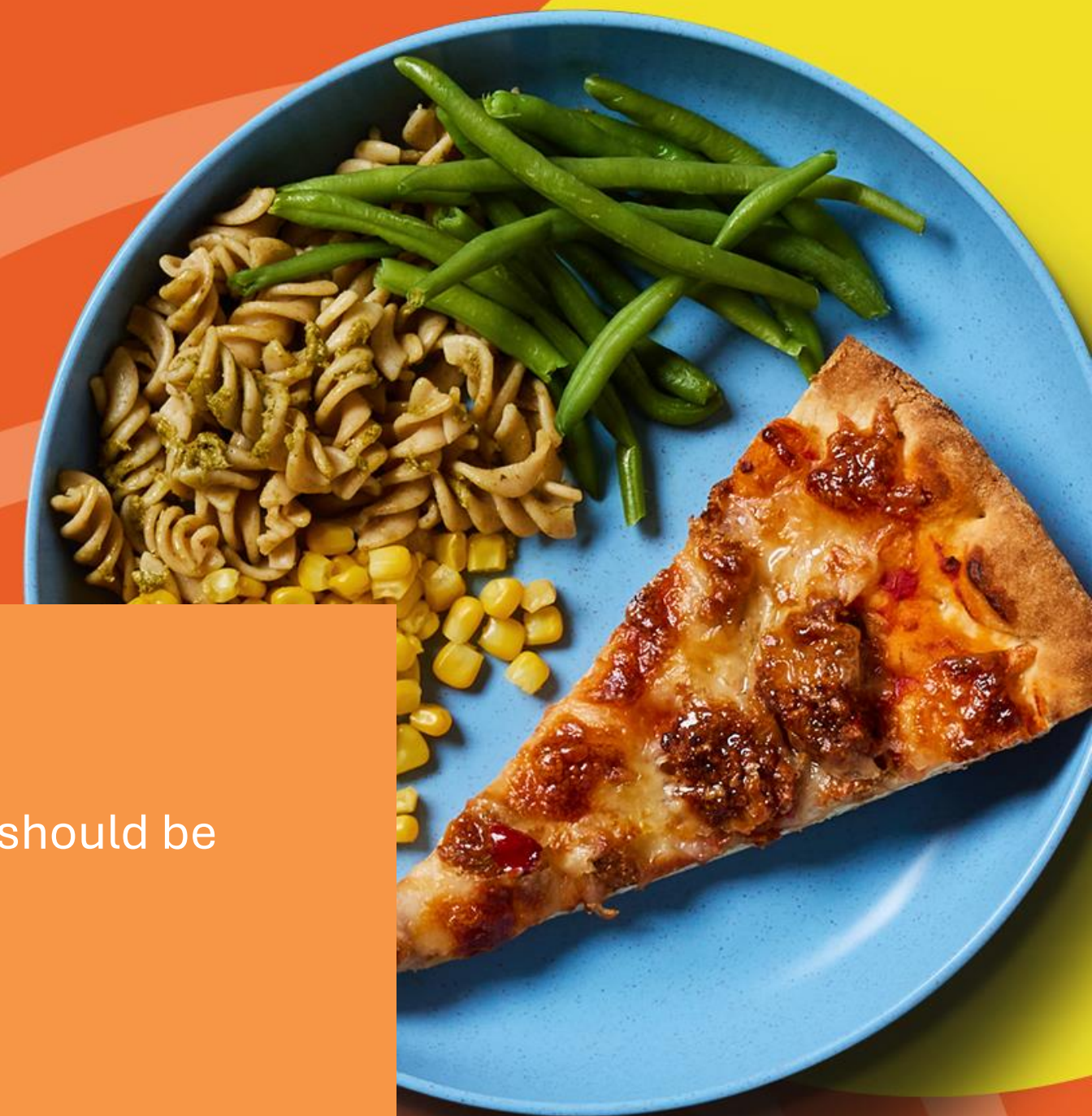
This menu contains **SOYA, FISH, MUSTARD, GLUTEN & SULPHITES.**

If a pupil has a food allergy or intolerance to **SOYA, FISH, MUSTARD, GLUTEN OR SULPHITES** they should be provided with the alternative meal or dessert choice for that day

All allergens warning are shown in **RED**

NOTE: All special diet recipes will be noted with 'SD' in front of the recipe. If 'SD' is stated, please ensure you are following the special diet recipe of the dish.

This menu contains standard and halal recipes (where applicable). If selector recipes have been used, please refer to the allergy aware selector menu to align to school's menu. If using a different meat that has not been featured on the allergy aware menus (applicable to those following FFL or Halal) please cross check the allergens to ensure no additional allergens are present.



STOP AND THINK!

Have you completed the double-checking confirmation sheet?

ALLERGY AWARE MEAT & VEG WEEK 1

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Burrito 93281952	SD Chicken Burger 93170396 with Potato Wedges 93156646	Roast Chicken 93035093 with Roast Potatoes 93035127 and Gravy 93034775	SD Veggie Bolognese 93169670 with SD Pasta CONTAINS SOYA 93163235	SD Fish Fillet CONTAINS FISH 93166795 with Chips 93040525
VEGETARIAN		SD Incredible Burger 93170473 with Potato Wedges 93156646	Quorn Sausages CONTAINS GLUTEN 93037125 with SD Mashed Potato CONTAINS GF OATS 93194973 and Gravy 93034775		Veggie Fingers CONTAINS GLUTEN 93175226 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
VEG	All main meals are served with two vegetables NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Raspberry Jelly 93290451 with Fruit 93040542	SD Apple Crumble CONTAINS GF OATS 93219577 with SD Custard CONTAINS GF OATS 93166606	SD Rice Pudding with Jam CONTAINS GF OATS & SULPHITES 93315915	SD Flapjack CONTAINS GF OATS 93165520 with Fruit 93040542	SD Chocolate Brownie CONTAINS SULPHITES 93196787

ONLY SERVE WHAT IS ON THIS MENU

SD – SPECIAL DIET RECIPE

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93232823)

NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL

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ALLERGY AWARE MEAT & VEG WEEK 2

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Meatless Feast Cheesy Pizza 93315912 with SD Pasta CONTAINS SOYA 93315913	SD Butter Chicken 93238789 with Wholegrain Rice 93035026	Roast Chicken 93035093 with Roast Potatoes 93035127 and Gravy 93034775	SD Macaroni Cheese CONTAINS SOYA & GF OATS 93180465	SD Chicken Burger 93170396 with Chips 93040525
VEGETARIAN		SD Vegetable Noodles CONTAINS SOYA & GF BARLEY MALT EXTRACT 93195251	SD Winter Vegetable Hotpot CONTAINS GF OATS 93315919 with Gravy 93034775		Quorn Dippers CONTAINS GLUTEN 93161349 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
VEG	All main meals are served with two vegetables NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Raspberry Jelly 93290451	SD Banana Muffin 93196788 with Fruit 93040542	SD Apple & Berry Crumble CONTAINS GF OATS 93165203 with SD Custard CONTAINS GF OATS 93166606	SD Orange Glazed Sticky Sponge Pudding CONTAINS GF OATS 93316120 with SD Custard CONTAINS GF OATS 93166606	SD Chocolate Biscuit CONTAINS GF OATS 93219823 with Fruit 93040542

ONLY SERVE WHAT IS ON THIS MENU

SD – SPECIAL DIET RECIPE

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93232823)

NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

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ALLERGY AWARE MEAT & VEG WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with SD Pasta CONTAINS SOYA 93315913	SD Chicken Sausages CONTAINS SULPHITES 93210873 with SD Mashed Potato CONTAINS GF OATS 93194973 and Gravy 93034775	Roast Beef 93035118 with Roast Potatoes 93035127 and Gravy 93034775	Sweet Potato Curry 93164644 with Wholegrain Rice 93035026	SD Fish Fillet CONTAINS FISH 93166795 with Chips 93040525
VEGETARIAN		Quorn Sausages CONTAINS GLUTEN 93037125 with SD Mashed Potato CONTAINS GF OATS 93194973 and Gravy 93034775	SD Roasted Veg and Cranberry Slice 93316202 with Roast Potatoes 93035127 and Gravy 93034775		Quorn Dippers CONTAINS GLUTEN 93161349 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
VEG	All main meals are served with two vegetables NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD Chocolate Brownie CONTAINS SULPHITES 93196787 with Orange Slices 93310775	SD Peach Sponge CONTAINS SULPHITES 93219828 with SD Custard CONTAINS GF OATS 93166606	SD Shortbread 93221990 with Fruit 93040542	SD Jam Sponge CONTAINS SULPHITES 93219620 with SD Custard CONTAINS GF OATS 93166606	SD Frozen Smoothie 93166798/ 93166797

ONLY SERVE WHAT IS ON THIS MENU
SD – SPECIAL DIET RECIPE

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93232823)
NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL