

Meat Allergy Aware

Autumn/Winter 2022

THIS MENU CONTAINS SOYA, LUPIN, MILK and SULPHITES

If a pupil has a food allergy or intolerance to SOYA, LUPIN, MILK and 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 FFL 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.

Closely aligned to the school offer as much as possible!

Suitable for pupils with allergies or intolerances to the 14 legal allergens



WEEK 1 ALLERGY AWARE MENU

STOP AND THINK!
Have you completed the double
checking confirmation sheet?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	SD Vegan Cheese and Tomato Pizza 93174975 CONTAINS GF OATS	SD Chicken and Vegetable Pie 93219715	Roast Turkey 93035114	Beef Bolognese 93180854/93180833	SD Beany Burger 93170399
	SD Potato Wedges with Pizza 93037124	and SD Gravy 93132538	with Roast Potatoes 93035127 and SD Gravy 93132538	With SD Gluten Free Pasta 93163235 CONTAINS SOYA AND LUPIN	with Chips 93040525
Jacket Potato	Jacket Potato with Baked Beans 93034839 Jacket Potato with Cheese 93041021 CONTAINS MILK				
Pasta	SD Tomato Pasta 93171286 CONTAINS SOYA AND LUPIN				
Vegetables	Two Vegetables Per Day	Two Vegetables Per Day	Two Vegetables Per Day	Two Vegetables Per Day	Two Vegetables Per Day
Dessert	SD Strawberry Smoothie 93166798	SD Lemon Drizzle Cake 93219994 CONTAINS MILK AND SULPHITES	SD Shortbread 93177181 CONTAINS GF OATS with Fruit Slices 93040542	SD Flapjack 93165520 CONTAINS GF OATS	SD Crispy Crackle Bar 93174985 CONTAINS GF OATS AND GF BARLEY MALT EXTRACT
	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113

AUTUMN/WINTER 2022

ONLY SERVE WHAT IS ON THIS MENU

Available Every Day: Water, Coconut Yoghurt (93200113), and Fresh Fruit

**WEEK 2
ALLERGY
AWARE
MENU**

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	SD Vegan Cheese and Tomato Pizza 93174975 CONTAINS GF OATS	Chicken Sausages 93045982/93041660 CONTAINS SULPHITES	Roast Chicken 93037054/9317314	SD Keralan Chicken Curry 93219718	SD Beany Burger 93170399
	with SD Potato Wedges 93037124	SD Creamed Mashed Potatoes 93194973 and SD Gravy with Sausages 93132538	with SD Creamed Mashed Potatoes 93194973 and SD Gravy 93132538	Wholegrain Rice with Curry 93035026	with Chips 93040525
Jacket Potato	Jacket Potato with Baked Beans 93034839 Jacket Potato with Cheese 93041021 CONTAINS MILK				
Pasta	SD Tomato Pasta 93171286 CONTAINS SOYA AND LUPIN				
Vegetables	Two Vegetables Per Day		Two Vegetables Per Day	Two Vegetables Per Day	Two Vegetables Per Day
Dessert	SD Jam Sponge 93219620 CONTAINS MILK AND SULPHITES	SD Flapjack 93165520 CONTAINS GF OATS	SD Strawberry Smoothie 93166798	SD Peach Slice Sponge 93219828 CONTAINS MILK AND SULPHITES	SD Shortbread Biscuit 93177181 CONTAINS GF OATS
Alternative Desert	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113

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WEEK 3 ALLERGY AWARE MENU

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	SD Vegan Cheese and Tomato Pizza 93174975 CONTAINS GF OATS	Trinidad Chicken Rice 93176212/93176213	Roast Gammon 93173553	Beef Bolognese 93180854/93180834/93180833	SD Beany Burger 93170399
	with SD Potato Wedges 93037124		with Roast Potatoes 93035127 and SD Gravy 93132538		with Chips 93040525
Jacket Potato	Jacket Potato with Baked Beans 93034839 Jacket Potato with Cheese 93041021 CONTAINS MILK				
Pasta	SD Tomato Pasta 93171286 CONTAINS SOYA AND LUPIN				
Vegetables	Two Vegetables Per Day		Two Vegetables Per Day	Two Vegetables Per Day	Two Vegetables Per Day
Dessert	SD Strawberry Smoothie 93166798	SD Flapjack 93165520 CONTAINS GF OATS with Fruit Slices 93040542	Fruit Jelly 93156773 with SD Rice Milk Custard 93166606	SD Shortbread Biscuit 93177181 CONTAINS GF OATS	SD Crispy Crackle Bar 93174985 CONTAINS GF OATS AND GF BARLEY MALT EXTRACT
Alternative Dessert	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113	Fresh Fruit 93040617 with SD Coconut Yoghurt 93200113

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