

# 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.

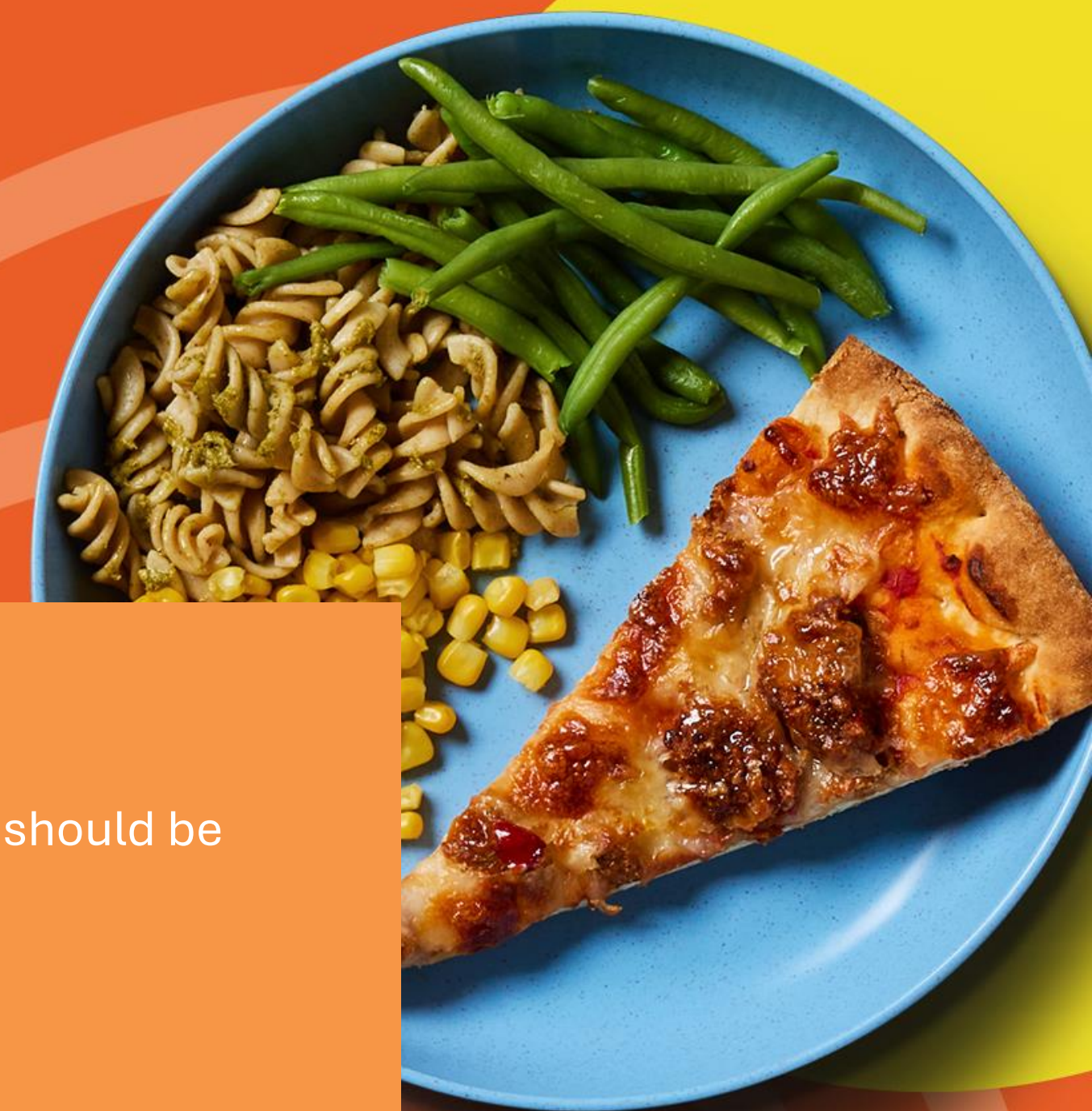
This menu contains **SOYA, FISH, MUSTARD, GLUTEN & SULPHITES.**

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

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

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