AUTUMN/ WINTER 2026

ALLERGY AWARE – PARENT GUIDE

This menu is suitable for children with an allergy and/or intolerance to one or more of the 14 main EU allergens (e.g. milk, egg, cereals containing gluten etc.)

Using a reduced allergen approach helps keep pupils safe by lowering the risk of **cross-contamination** *in busy school kitchens.*

Some foods your child may eat at home may not appear on this menu. This allows us to offer **safe meal choice, variety, and balanced nutrition** *wherever possible.*

Our Allergy Aware menu is **closely aligned with the main menu**, *so children are eating similar meals to their peers.*

How to read this menu:

- *Any allergens present are clearly highlighted in* **RED** *on the menu.*
- *Dishes marked 'SD' indicate a Special Diet recipe. These are dishes which have been developed to remove the EU 14 allergens.*

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL, GLUTEN FREE (GF) OATS AND GF BARLEY MALT EXTRACT BELOW 20PPM

Chartwells Schools

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Internal

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STOP AND THINK!

Have you completed the double-checking confirmation sheet?

ARE YOU ALLERGEN AWARE?

WEEK 1

W/C: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027, 15/02/2027, 08/03/2027, 29/03/2027

ALLERGY AWARE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza *93174975* with SD Pasta *93315913*	Jerk Chicken *93146436* with Rice and Peas *93065662*	Roast Chicken *93035093* with Roast Potatoes *93035127* and Gravy *93034775*	Yellow Vegetable Curry *93152367* with Wholegrain Rice *93035026*	SD Chicken Burger *93170396* with Chips *93040525*
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Fresh Fruit	SD Chocolate Crispie *93158451*	SD Apple and Oat Bite *93196789*	SD Chocolate Crispie *93158451*	SD Flapjack *93165520*

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese *(93034839 / 93227189)*
- ✓ SD Tomato Pasta *(93171286)*
- ✓ Cool Water, Apple, Banana or Orange *(93041624/ 93041625/ 93065473)*

SD = SEPARATE SPECIAL DIET RECIPE
H – HALAL OPTION

ONLY SERVE WHAT IS ON THIS MENU!

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WEEK 2

W/C: 09/11/2026, 30/11/2026, 21/12/2026, 11/01/2027, 01/02/2027, 22/02/2027,15/03/2027

ALLERGY AWARE HALAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza *93174975* with SD Pasta *93315913*	SD Chicken Burger *93170396* with Potato Wedges *93156646*	Roast Chicken *93035093* with Mashed Potato *93046790* and Gravy *93034775*	Katsu Chicken *93175179* with Wholegrain Rice *93035026*	SD Chicken Burger *93170396* with Chips *93040525*
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Fresh Fruit	SD Frozen Fruit Smoothie *93166797/ 93166798*	SD Apple and Oat Bite *93196789*	SD Chocolate Crispie *93158451*	SD Lazy Day Shortbread *93177181*

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese *(93034839 / 93227189)*
- ✓ SD Tomato Pasta *(93171286)*
- ✓ Cool Water, Apple, Banana or Orange *(93041624/ 93041625/ 93065473)*

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WEEK 3

W/C: 16/11/2026, 07/12/2026, 28/12/2026, 18/01/2027, 08/02/2027,01/03/2027, 22/03/2027

ALLERGY AWARE HALAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza *93174975* with SD Pasta *93315913*	SD Tomato Pasta *93171286*	Roast Chicken *93035093* with Mashed Potato *93046790* and Gravy *93034775*	Beef Bolognese *93102798* with SD Pasta *93163235*	SD Chicken Burger *93170396* with Chips *93040525*
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Fresh Fruit	SD Berry Crispie *93158452*	SD Banana Oat Bite *93170398*	SD Chocolate Crispie *93158451*	Strawberry Jelly *93290175*

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese *(93034839 / 93227189)*
- ✓ SD Tomato Pasta *(93171286)*
- ✓ Cool Water, Apple, Banana or Orange *(93041624/ 93041625/ 93065473)*

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