



Allergy Aware MEAT

Autumn Winter 2023


THIS MENU CONTAINS SOYA, FISH, MILK, MUSTARD AND SULPHITES

If a pupil has a food allergy or intolerance to SOYA, FISH, MILK, MUSTARD 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



STOP AND THINK!

Have you completed the double-checking confirmation sheet?

ALLERGY
AWARE MEAT
WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Dish	SD Vegan Cheese and Tomato Pizza CONTAINS GF OATS 93174975 with Potato Wedges 93156646	SD Chicken Burger 93170396 with Potato Wedges 93156646	SD Chicken, Vegetable and Mash Pie CONTAINS GF OATS 93264785 with Gravy 93034775	Beef Bolognese 93227270 with SD Gluten Free Pasta CONTAINS SOYA 93163235 NO GARLIC AND HERB BREAD WEDGE	SD Gluten Free Fish Fingers CONTAINS FISH 93166795 with Chips 93040525
Jacket Potato	Jacket Potato with Baked Beans 93034839 Jacket Potato with Cheese CONTAINS MILK 93041021				
Pasta	SD Tomato Pasta CONTAINS SOYA 93171286				
Veg	Two Vegetables Served Daily NO MIXED SALAD OR SALAD BAR				
Dessert	SD Chocolate Brownie CONTAINS SULPHITES 93196787	SD Raspberry Yoghurt Cake 93220742 With Fruit Slices 93040542	SD Orange and Sultana Crispy CONTAINS GF BARLEY MALT EXTRACT 93177935	SD Flapjack* CONTAINS GF OATS 93165520	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				

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, SALAD BAR, STANDARD YOGHURT OR STANDARD TOMATO PASTA

* ONLY USE GLEBE FARM GF OATS VMC 188476
DO NOT USE QUAKER GF OATS VMC 118890

AUTUMN/ WINTER 2023

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ALLERGY
AWARE MEAT
WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main Dish	SD Vegan Cheese and Tomato Pizza CONTAINS GF OATS 93174975 with Potato Wedges 93156646	SD Sweet and Sour Chicken 93196443 With Wholegrain Rice 93035026	Roast Turkey 93035114 with Roast Potatoes 93035127 and Gravy 93034775	SD Sausage Pasta Bake CONTAINS GF OATS, SOYA & SULPHITES 93264787 NO GARLIC AND HERB BREAD WEDGE	SD Gluten Free Fish Fingers CONTAINS FISH 93166795 with Chips 93040525
Jacket Potato	Jacket Potato with Baked Beans 93034839 Jacket Potato with Cheese CONTAINS MILK 93041021				
Pasta	SD Tomato Pasta CONTAINS SOYA 93171286				
Veg	Two Vegetables Served Daily NO MIXED SALAD OR SALAD BAR				
Dessert	SD Apple Crumble * CONTAINS GF OATS 93219577 SD Custard CONTAINS GF OATS 93166606	SD Crunchy Chocolate Biscuit* CONTAINS GF OATS 93219823	SD Banana and Chocolate Marble Cake CONTAINS SULPHITES 93220749	SD Carrot Cake 93265941	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				

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ALLERGY
AWARE MEAT
WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Main Dish	SD Vegan Cheese and Tomato Pizza CONTAINS GF OATS 93174975 with Potato Wedges 93156646	Cottage Pie 93227278 with Gravy 93034775	Roast Chicken 93035093 with Roast Potatoes 93035127 and Gravy 93034775	Chicken and Vegetable Korma CONTAINS MUSTARD & SULPHITES 93248310 with Wholegrain Rice 93035026	SD Gluten Free Fish Fingers CONTAINS FISH 93166795 with Chips 93040525
Jacket Potato	Jacket Potato with Baked Beans 93034839 Jacket Potato with Cheese CONTAINS MILK 93041021				
Pasta	SD Tomato Pasta CONTAINS SOYA 93171286				
Veg	Two Vegetables Served Daily NO MIXED SALAD OR SALAD BAR				
Dessert	SD Vanilla Sponge CONTAINS SULPHITES 93197070 SD Custard CONTAINS GF OATS 93166606	SD Shortbread 93221990 With Fruit Slices 93040542	SD Orange Drizzle CONTAINS SULPHITES 93197074 With Fruit Slices 93040542	SD Pineapple Upside Down Cake CONTAINS SULPHITES 93220747 with SD Custard CONTAINS GF OATS 93166606	SD Chocolate Milkshake CONTAINS GF OATS 93219822 with SD Shortbread Biscuit 93221990
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				

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