



Allergy Aware MEAT

Spring Summer 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 SD Potato Wedges 93037124	SD Vegan Sausage 93200114 with SD Creamed Mashed Potatoes 93194973 and Gravy 93034775	Roast Turkey 93035114 with Roast Potatoes 93035127 and 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 SALAD BAR OR STANDARD COLESLAW				
Dessert	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798	SD Chocolate Brownie* CONTAINS SULPHITES 93196787 with SD Chocolate Custard 93176566	Strawberry Jelly 93113651 with Fruit Slices 93040542	SD Orange and Sultana Crispy CONTAINS GF BARLEY MALT EXTRACT 93177935	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 COLESLAW

ONLY SERVE ONE DESSERT OPTION PER DAY

***ONLY USE DR. OETKER GLUTEN FREE BAKING POWDER 170G (VMC 188022)**

DO NOT USE DR. OETKER GLUTEN FREE BAKING POWDER 500G (VMC 131178)

SPRING/SUMMER 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 SD Potato Wedges 93037124	SD Chinese Chicken and Veggie Rice 93238782	Roast Turkey 93035114 with Roast Potatoes 93035127 and 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 SALAD BAR OR STANDARD COLESLAW				
Dessert	SD Crunchy Chocolate Biscuit* CONTAINS GF OATS 93219823 with Fruit Slices 93040542	Orange Jelly 93156773	SD Banana and Chocolate Marble Cake* CONTAINS SULPHITES 93220749	SD Flapjack CONTAINS GF OATS 93165520 with Fruit Slices 93040542	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				

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

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**ALLERGY
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WEEK 3**

Monday

Tuesday

Wednesday

Thursday

Friday

Main Dish	SD Vegan Cheese and Tomato Pizza CONTAINS GF OATS 93174975 with SD Potato Wedges 93037124	SD Mexican Beef Tortilla Pie CONTAINS GF OATS 93238786 with Wholegrain Rice 93035026	SD Roast Turkey Picnic Plate CONTAINS MUSTARD 93240780 with SD Crunchy Coleslaw CONTAINS MUSTARD 93238792 and SD Potato Wedges 93037124	SD Butter Chicken Curry 93238789 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 SALAD BAR OR STANDARD COLESLAW				
Dessert	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798	SD Flapjack CONTAINS GF OATS 93165520	SD Chocolate Brownie* CONTAINS SULPHITES 93196787	SD Pineapple Upside Down Cake* CONTAINS SULPHITES 93220747 with SD Rice Milk Custard 93166606	SD Chocolate Milkshake 93219822 with SD Shortbread Biscuit 93221990
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				

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