

# ALLERGY AWARE MEAT

## 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 & SULPHITES**.

If a pupil has a food allergy or intolerance to **SOYA, FISH 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**  
**WEEK 1**

**AUTUMN/WINTER 2024**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza	SD Chicken Burger with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken with Rainbow Rice	SD Fish Fillet <b>CONTAINS FISH</b> with Chips
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese				
PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b>				
VEG	All main meals are served with two vegetables. <b>NO COLESLAW, MIXED SALAD OR SALAD BAR</b>				
DESSERT	Raspberry Jelly	SD Apple Crumble <b>CONTAINS GF OATS</b>  with SD Custard <b>CONTAINS GF OATS</b>	SD Rice Pudding with Jam <b>CONTAINS GF OATS &amp; SULPHITES</b>	SD Flapjack <b>CONTAINS GF OATS</b>  with Fruit	SD Chocolate Brownie <b>CONTAINS SULPHITES</b>

**ONLY SERVE WHAT IS ON THIS MENU**  
**SD – SPECIAL DIET RECIPE**

Available Daily: Cool Water, SD Coconut Yoghurt and Fresh Fruit  
**NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR**

**THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL**

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# ALLERGY AWARE MEAT WEEK 2

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegetable Supreme Pizza with SD Pasta <b>CONTAINS SOYA</b>	Beef Bolognese with SD Pasta <b>CONTAINS SOYA</b>	Roast Chicken with Roast Potatoes and Gravy	SD Chicken and Vegetable Pie with SD Mashed Potato <b>CONTAINS GF OATS</b> and Gravy	SD Chicken Burger with Chips
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese				
PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b>				
VEG	All main meals are served with two vegetables. <b>NO COLESLAW, MIXED SALAD OR SALAD BAR</b>				
DESSERT	SD Orange & Mango Frozen Smoothie Or SD Strawberry Frozen Smoothie	SD Apple and Cinnamon Sponge (Fortune Cake) <b>CONTAINS SULPHITES</b> with SD Custard <b>CONTAINS GF OATS</b>	Fruits of the Forest Jelly	SD Orange Glazed Sticky Sponge Pudding <b>CONTAINS GF OATS</b> with SD Custard <b>CONTAINS GF OATS</b>	SD Chocolate Biscuit <b>CONTAINS GF OATS</b>

**ONLY SERVE WHAT IS ON THIS MENU**  
**SD – SPECIAL DIET RECIPE**

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**NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR**

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# ALLERGY AWARE MEAT WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza	SD Chicken Sausages <b>CONTAINS SULPHITES</b> with SD Mashed Potato <b>CONTAINS GF OATS</b> and Gravy	Roast Beef with Roast Potatoes and Gravy	Chicken and Vegetable Korma <b>CONTAINS SULPHITES</b> with Wholegrain Rice	SD Fish Fillet <b>CONTAINS FISH</b> with Chips
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese				
PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b>				
VEG	All main meals are served with two vegetables. <b>NO COLESLAW, MIXED SALAD OR SALAD BAR</b>				
DESSERT	SD Chocolate Brownie <b>CONTAINS SULPHITES</b> with Orange Slices	SD Vanilla Sponge <b>CONTAINS SULPHITES</b> with SD Custard <b>CONTAINS GF OATS</b>	SD Shortbread with Fruit	SD Jam Sponge <b>CONTAINS SULPHITES</b> with SD Custard <b>CONTAINS GF OATS</b>	SD Frozen Smoothie

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SD – SPECIAL DIET RECIPE**

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