

# 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, MUSTARD & SULPHITES**.

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

<b>MAIN DISH</b>	<b>SD Macaroni Cheese</b> <b>CONTAINS SOYA &amp; GF OATS</b> 93180465	<b>Cottage Pie</b> 93227278/ 93086066 (H) <b>with Gravy</b> 93034775	<b>Roast Chicken</b> 93173148 (H) <b>with Roast Potatoes</b> 93035127 <b>and Gravy</b> 93034775	<b>SD BBQ Chicken Pizza</b> 93315910/ 93315911 (H) <b>with SD Pasta</b> <b>CONTAINS SOYA</b> 93315913	<b>SD Fish Fillet</b> <b>CONTAINS FISH</b> 93166795 <b>with Chips</b> 93040525
<b>JACKET POTATO</b>	<b>Jacket Potato with Baked Beans or Vegan Cheese</b> 93034839/ 93227189				
<b>PASTA</b>	<b>SD Tomato Pasta</b> <b>CONTAINS SOYA</b> 93171286				
<b>VEG</b>	All main meals are served with two vegetables. <b>NO COLESLAW, MIXED SALAD OR SALAD BAR</b>				
<b>DESSERT</b>	<b>Fruit Platter</b>	<b>SD Apple Crumble</b> <b>CONTAINS GF OATS</b> 93219577 <b>with SD Custard</b> <b>CONTAINS GF OATS</b> 93166606	<b>SD Orange &amp; Mango Frozen Smoothie</b> 93166797	<b>Fresh Fruit Salad</b>	<b>SD Flapjack</b> <b>CONTAINS GF OATS</b> 93165520 <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 WEEK 2

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	<b>SD Vegetable Supreme Pizza</b> 93165205 with SD Pasta <b>CONTAINS SOYA</b> 93315913	<b>Beef Bolognese</b> 93227270/ 93041772 (H) with SD Pasta <b>CONTAINS SOYA</b> 93315913	<b>Roast Chicken</b> 93035093/ 93173148 (H) with Roast Potatoes 93035127 and Gravy 93034775	<b>SD Chicken and Vegetable Pie</b> 93219715/ 93315914 (H) with SD Mashed Potato <b>CONTAINS GF OATS</b> 93194973 and Gravy 93034775	<b>SD Chicken Burger</b> 93208018 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b> 93171286				
VEG	All main meals are served with two vegetables. <b>NO COLESLAW, MIXED SALAD OR SALAD BAR</b>				
DESSERT	Fruit Platter	<b>SD Orange Glazed Sticky Sponge Pudding</b> <b>CONTAINS GF OATS</b> 93316120 with SD Custard <b>CONTAINS GF OATS</b> 93166606	<b>Fruits of the Forest Jelly</b> 93290904	Fruit Salad	<b>SD Chocolate Biscuit</b> <b>CONTAINS GF OATS</b> 93219823

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# ALLERGY AWARE MEAT WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	<b>SD Macaroni Cheese</b> <b>CONTAINS SOYA &amp; GF OATS</b> 93180465	<b>Authentic/ GLOBAL Jerk Chicken</b> 93146436/ 93146437 (H) <b>with Rice &amp; Peas</b> 93065662	<b>Roast Beef</b> 93035118/ 93041777 (H) <b>with Roast Potatoes</b> 93035127 <b>and Gravy</b> 93034775	<b>Chicken and Vegetable Korma</b> <b>CONTAINS MUSTARD &amp; SULPHITES</b> 93248310/ 93248314 (H) <b>with Wholegrain Rice</b> 93035026	<b>SD Fish Fillet</b> <b>CONTAINS FISH</b> 93166795 <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>Fruit Platter</b>	<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/ 9316679	<b>Fresh Fruit Salad</b>	<b>SD Shortbread</b> 93221990 <b>with Fruit</b> 93040542

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