

ALLERGY AWARE VEGETARIAN

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 & SULPHITES**.

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

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Macaroni Cheese CONTAINS SOYA & GF OATS 93180465	SD West African Vegetable Rice CONTAINS MUSTARD 93219825	SD Tomato Pasta CONTAINS SOYA 93171286	SD Meatless Feast Cheesy Pizza 93315912 with SD Pasta CONTAINS SOYA 93315913	SD Incredible Burger 93170473 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Fruit Platter	SD Apple Crumble CONTAINS GF OATS 93219577 with SD Custard CONTAINS GF OATS 93166606	SD Orange & Mango Frozen Smoothie 93166797	Fresh Fruit Salad	SD Flapjack CONTAINS GF OATS 93165520 with Fruit 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 VEGETARIAN WEEK 2

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegetable Supreme Pizza 93165205 with SD Pasta CONTAINS SOYA 93315913	SD Vegetable Noodles CONTAINS SOYA & GF BARLEY MALT EXTRACT 93195251	SD Winter Vegetable Hotpot CONTAINS GF OATS 93315919 with Gravy 93034775	SD Macaroni Cheese CONTAINS SOYA & GF OATS 93180465	Quorn Dippers CONTAINS GLUTEN 93161349 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Fruit Platter	SD Orange Glazed Sticky Sponge Pudding CONTAINS GF OATS 93316120 with SD Custard CONTAINS GF OATS 93166606	Fruits of the Forest Jelly 93290904	Fruit Salad	SD Chocolate Biscuit CONTAINS GF OATS 93219823

ONLY SERVE WHAT IS ON THIS MENU
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NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

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ALLERGY AWARE VEGETARIAN WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Macaroni Cheese CONTAINS SOYA & GF OATS 93180465	SD Veggie Bolognese 93169670 with SD Pasta CONTAINS SOYA 93163235 NO GARLIC & HERB BREAD	SD Roasted Veg and Cranberry Slice 93316202 with Roast Potatoes 93035127 and Gravy 93034775	SD Vegetable Spanish Rice 93264789	SD Incredible Burger 93170473 with Chips 93040525
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839/ 93227189				
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Fresh Fruit Salad	SD Jam Sponge CONTAINS SULPHITES 93219620 with SD Custard CONTAINS GF OATS 93166606	SD Frozen Smoothie 93166798/ 9316679	Fresh Fruit Salad	SD Shortbread 93221990 with Fruit 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

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