



# ALLERGY AWARE - MEAT

This menu is suitable for children with an allergy and/or intolerance within the 14 main EU allergens.

This menu contains **FISH, SOYA & SULPHITES**.

If a pupil has a food allergy or intolerance to **FISH, 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 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) please cross check the allergens to ensure no additional allergens are present.

# AUTUMN/WINTER 2025 MENU

STOP AND THINK!  
Have you completed the double-  
checking confirmation sheet?

# MEAT ALLERGY AWARE WEEK 1

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with Potato Wedges 93156646	Beef Bolognese 93300541 with SD Pasta <b>CONTAINS SOYA</b> 93163235	Roast Chicken 93035093 / 93037054 (FFL) with Roast Potatoes 93035127 and Gravy 93034775	Chicken and Vegetable Korma <b>CONTAINS SULPHITES</b> 93248310 / 93248314 (H) with Wholegrain Rice 93035026	SD Fish Fingers <b>CONTAINS FISH</b> 93166795 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 <b>NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO</b>				
	PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b> 93171286				
	VEG	All main meals are served with two vegetables. <b>NO MIXED SALAD OR SALAD BAR</b>				
	DESSERT	SD Apple & Cinnamon Sponge <b>CONTAINS SULPHITES</b> 93289524	Strawberry Jelly 93290175	SD Cookie <b>CONTAINS GF OATS</b> 93290178	SD Apple Crumble <b>CONTAINS GF OATS</b> 93219577 with SD Custard <b>CONTAINS GF OATS</b> 93166606	SD Frozen Fruit Smoothie 93166797 / 93166798

ONLY SERVE WHAT IS ON THIS MENU

SD – SPECIAL DIET RECIPE

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93041624/ 93065473/ 93041625)

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

THIS MENU DOES CONTAIN FULLY REFINED SOYA BEAN OIL, GLUTEN FREE OATS AND GLUTEN FREE BARLEY MALT EXTRACT

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# MEAT ALLERGY AWARE WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Bean Burrito 93281952 with Wholegrain Rice 93035026	SD Chicken Sausages <b>CONTAINS SULPHITES</b> 93210873 with Mashed Potato 93046790 and Gravy 93034775	Roast Chicken 93035093 / 93037054 (FFL) with Roast Potatoes 93035127 and Gravy 93034775	BBQ Chicken 93278107 with Rainbow Rice 93276731	SD Fish Fingers <b>CONTAINS FISH</b> 93166795 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 <b>NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO</b>				
	PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b> 93171286				
	VEG	All main meals are served with two vegetables. <b>NO MIXED SALAD OR SALAD BAR</b>				
	DESSERT	SD Chocolate Crispie <b>CONTAINS GF BARLEY MALT EXTRACT</b> 93158451	Strawberry Jelly 93290175	SD Chocolate Brownie <b>CONTAINS SULPHITES</b> 93196787	SD Apple & Cinnamon Sponge <b>CONTAINS SULPHITES</b> 93289524 with SD Custard <b>CONTAINS GF OATS</b> 93166606	SD Frozen Fruit Smoothie 93166797 / 93166798

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# MEAT ALLERGY AWARE WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with Potato Wedges 93156646	SD Meatballs 93219571 with SD Pasta <b>CONTAINS SOYA</b> 93163235	Roast Gammon 93173553 with Mashed Potato 93046790 and Gravy 93034775	SD Oat Crusted Chicken <b>CONTAINS GF OATS</b> 93388506 with Potato Wedges 93156646	SD Fish Fingers <b>CONTAINS FISH</b> 93166795 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 <b>NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO</b>				
	PASTA	SD Tomato Pasta <b>CONTAINS SOYA</b> 93171286				
	VEG	All main meals are served with two vegetables. <b>NO MIXED SALAD OR SALAD BAR</b>				
	DESSERT	SD Banana and Chocolate Marble Cake <b>CONTAINS SULPHITES</b> 93220749	SD Orange Glazed Pudding <b>CONTAINS GF OATS</b> 93316120 with SD Custard <b>CONTAINS GF OATS</b> 93166606	SD Shortbread 93221990	SD Chocolate Crispie <b>CONTAINS GF BARLEY MALT EXTRACT</b> 93158451	SD Berry Crispie <b>CONTAINS GF BARLEY MALT EXTRACT</b> 93158452

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