

# Meat Allergy Aware

## Autumn/Winter 2022

THIS MENU CONTAINS SOYA, LUPIN, MILK and SULPHITES

If a pupil has a food allergy or intolerance to SOYA, LUPIN, MILK 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



# WEEK 1 ALLERGY AWARE MENU

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



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|               |   |   |   |  |  |
|---------------|---|---|---|--|--|
| Hot Main Dish | SD Vegan Sausage<br>93200114  | SD Chicken and Vegetable Pie<br>93219715  | Roast Turkey<br>93035114  | Beef Bolognese<br>93180854   | Plain Chicken Fillet<br><b>VMC 186599</b>  |
|               | with SD Creamed Mashed Potatoes<br>93194973<br>and SD Gravy<br>93132538                                     | with SD Creamed Mashed Potatoes<br>93194973<br>and SD Gravy<br>93132538   | with Roast Potatoes<br>93035127<br>and SD Gravy<br>93132538                           | With SD Gluten Free Pasta<br>93163235<br><b>CONTAINS SOYA AND LUPIN</b>                          | with Chips<br>93040525   |
| Jacket Potato | Jacket Potato with Baked Beans<br>93034839<br>Jacket Potato with Cheese<br>93041021<br><b>CONTAINS MILK</b> |   |   |  |  |
| Pasta         | SD Tomato Pasta<br>93171286<br><b>CONTAINS SOYA AND LUPIN</b>   |   |   |  |  |
| Vegetables    | Carrots and Peas  | Sweetcorn<br><b>NO SALAD</b>  | Carrots and Cabbage   | Broccoli and Sweetcorn   | Peas and Beans   |
| Dessert       | SD Strawberry Smoothie<br>93166798  | SD Chocolate Brownie<br>93196787<br><b>CONTAINS MILK AND SULPHITES</b><br>With SD Chocolate Custard<br>93176566 | SD Shortbread<br>93177181<br><b>CONTAINS GF OATS</b><br>with Fruit Slices<br>93040542 | SD Apple Crumble<br>93219577<br><b>CONTAINS GF OATS</b><br>with SD Rice Milk Custard<br>93166606 | SD Shortbread<br>93177181<br><b>CONTAINS GF OATS</b><br>with<br>SD Chocolate Milkshake<br>93219822 |
|               | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113  | SD Chocolate Crispie<br>93158451<br><b>CONTAINS GF BARLEY MALT EXTRACT</b>                                      | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                        | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                                   | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                                     |

**ONLY SERVE WHAT IS ON THIS MENU**

Available Every Day: Water, Coconut Yoghurt (93200113), and Fresh Fruit



# WEEK 2 ALLERGY AWARE MENU

**STOP AND THINK!**  
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checking confirmation sheet?



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|                    |   |  |   |  |   |
|--------------------|---|--|---|--|---|
| Hot Main Dish      | SD Vegan Cheese and Tomato Pizza<br>93174975<br><b>CONTAINS GF OATS</b>                                     | Chicken Sausages<br>93045982/93041660<br><b>CONTAINS SULPHITES</b>                         | Roast Turkey<br>93035114/93173148                                       | SD Keralan Chicken Curry<br>93219718   | Plain Chicken Fillet<br><b>VMC 186599</b>                           |
|                    | with SD Potato Wedges<br>93037124   | with SD Creamed Mashed Potatoes<br>93194973<br>and SD Gravy<br>93132538                    | with SD Creamed Mashed Potatoes<br>93194973<br>and SD Gravy<br>93132538 | with Wholegrain Rice<br>93035026   | with Chips<br>93040525  |
| Jacket Potato      | Jacket Potato with Baked Beans<br>93034839<br>Jacket Potato with Cheese<br>93041021<br><b>CONTAINS MILK</b> |  |   |  |   |
| Pasta              | SD Tomato Pasta<br>93171286<br><b>CONTAINS SOYA AND LUPIN</b>   |  |   |  |   |
| Vegetables         | Carrot and Cucumber sticks  | Peas and Broccoli  | Carrots and Cabbage   | Sweetcorn and Green Beans  | Peas and Beans  |
| Dessert            | SD Jam Sponge<br>93219620<br><b>CONTAINS MILK AND SULPHITES</b>   | SD Banana Oat Bite<br>93170398<br><b>CONTAINS GF OATS</b><br>with Fruit Slices<br>93040542 | SD Strawberry Smoothie<br>93166798                                      | SD Apple and Berry Crumble<br>93165203<br><b>CONTAINS GF OATS</b><br>with SD Rice Milk Custard<br>93166606 | SD Strawberry Smoothie<br>93166798<br>with Fruit Slices<br>93040542 |
| Alternative Desert | SD Chocolate Crispie<br>93158451<br><b>CONTAINS GF BARLEY MALT EXTRACT</b>                                  | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                             | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113          | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113   | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113      |

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Internal

**AUTUMN/WINTER 2022**

# WEEK 3 ALLERGY AWARE MENU

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|                     |   |   |  |  |   |
|---------------------|---|---|--|--|---|
| Hot Main Dish       | Mild Bean Chilli<br>93180869  | Chicken Tikka Masala<br>93186703/93186704<br><b>CONTAINS MUSTARD</b>                | Roast Pork<br>93173431   | Beef Bolognese<br>93180854/93180833  | Plain Chicken Fillet<br><b>VMC 186599</b>   |
|                     | with Wholegrain Rice<br>93035026  | with Wholegrain Rice<br>93035026  | with Roast Potatoes<br>93035127<br>and SD Gravy<br>93132538      | With SD Gluten Free Pasta<br>93163235<br><b>CONTAINS SOYA AND LUPIN</b>                    | with Chips<br>93040525  |
| Jacket Potato       | Jacket Potato with Baked Beans<br>93034839<br>Jacket Potato with Cheese<br>93041021<br><b>CONTAINS MILK</b> |   |  |  |   |
| Pasta               | SD Tomato Pasta<br>93171286<br><b>CONTAINS SOYA AND LUPIN</b>   |   |  |  |   |
| Vegetables          | Peas and Carrots  | Broccoli and Sweetcorn  | Carrots and Cabbage  | Sweetcorn and Green Beans  | Peas and Beans  |
| Dessert             | SD Strawberry Smoothie<br>93166798  | SD Flapjack<br>93165520<br><b>CONTAINS GF OATS</b><br>with Fruit Slices<br>93040542 | Fruit Jelly<br>93156773<br>with SD Rice Milk Custard<br>93166606 | SD Orange and Sultana<br>Crispie<br>93177935<br><b>CONTAINS GF BARLEY MALT<br/>EXTRACT</b> | SD Shortbread<br>93177181<br><b>CONTAINS GF OATS</b><br>with SD Chocolate Milkshake<br>93219822 |
| Alternative Dessert | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113  | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                      | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113   | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                             | Fresh Fruit<br>93040617<br>with SD Coconut Yoghurt<br>93200113                                  |

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