

**AUTUMN/WINTER
2025 MENU**

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.

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

MEAT ALLERGY AWARE WEEK 1

HOT DISHES						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with Potato Wedges 93156646	Cottage Pie 93227278 and Gravy 93034775	Jerk Chicken 93146436 with Rice and Peas 93065662	West African Vegetable Rice 93216240	SD Fish Fingers CONTAINS FISH 93166795 with Chips 93040525	
JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO					
PASTA	SD Tomato Pasta CONTAINS SOYA 93171286					
VEG	All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR					
DESSERT	SD Chocolate Brownie CONTAINS SULPHITES 93196787	Strawberry Jelly 93290175	SD Shortbread 93221990	SD Apple Crumble CONTAINS GF OATS 93219577 with SD Custard CONTAINS GF OATS 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 SOYBEAN OIL, GLUTEN FREE OATS AND GLUTEN FREE BARLEY MALT EXTRACT

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MEAT ALLERGY AWARE WEEK 2

HOT DISHES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH		SD Bean Burrito 93281952 with Wholegrain Rice 93035026	Chicken Casserole 93034804 with Mashed Potato 93046790 and Gravy 93034775	Roast Chicken 93037054 with Roast Potatoes 93035127 and Gravy 93034775	SD Vegetable Supreme Pizza 93165205 with Potato Wedges 93156646	SD Fish Fingers CONTAINS FISH 93166795 with Chips 93040525
JACKET POTATO		Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
PASTA		SD Tomato Pasta CONTAINS SOYA 93171286				
VEG		All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR				
DESSERT		SD Chocolate Crispie CONTAINS GF BARLEY MALT EXTRACT 93158451	SD Peach Sponge CONTAINS SULPHITES 93219828	SD Chocolate Brownie CONTAINS SULPHITES 93196787	SD Apple & Cinnamon Sponge CONTAINS SULPHITES 93289524	SD Frozen Fruit Smoothie 93166797 / 93166798

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Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93041624/ 93065473/ 93041625)
NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

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MEAT ALLERGY AWARE WEEK 3

HOT DISHES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH		Vegetarian Cottage Pie 93228079 and Gravy 93034775	SD Meatballs 93219571 with SD Pasta CONTAINS SOYA 93163235	Roast Chicken 93037054 with Roast Potatoes 93035127 and Gravy 93034775	Veggie Shepherds Pie 93125973 and Gravy 93034775	SD Fish Fingers CONTAINS FISH 93166795 with Chips 93040525
JACKET POTATO		Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
PASTA		SD Tomato Pasta CONTAINS SOYA 93171286				
VEG		All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR				
DESSERT		SD Chocolate Crispie CONTAINS GF BARLEY MALT EXTRACT 93158451	SD Orange Glazed Pudding CONTAINS GF OATS 93316120	SD Shortbread 93221990	SD Chocolate Brownie CONTAINS SULPHITES 93196787	SD Frozen Fruit Smoothie 93166797 / 93166798

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

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