



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 Tomato and Lentil Ragu Bake CONTAINS SOYA 93281959	Beef Bolognese 93300541 with SD Pasta CONTAINS SOYA 93163235	Roast Chicken 93035093 / 93037054 (FFL) with Roast Potatoes 93035127 and Gravy 93034775	Chicken and Vegetable Korma CONTAINS SULPHITES 93248310 / 93248314 (H) with Wholegrain Rice 93035026	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 Orange and Sultana Crispie CONTAINS GF BARLEY MALT EXTRACT 93177935	Strawberry Jelly 93290175	Raspberry Jelly 93290177	SD Chocolate Brownie CONTAINS SULPHITES 93196787	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	D Vegetable Supreme Pizza 93165205 with Potato Wedges 93156646	Chicken Casserole 93034804 / 93439139 (H) with Mashed Potato 93046790 and Gravy 93034775	Roast Chicken 93035093 / 93037054 (FFL) with Roast Potatoes 93035127 and Gravy 93034775	D Chicken and Vegetable Pie 93219715 / 93315914 (H) 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	Raspberry Jelly 93290177	SD Flapjack CONTAINS GF OATS 93165520	SD Chocolate Brownie CONTAINS SULPHITES 93196787	SD Apple & Cinnamon Sponge CONTAINS SULPHITES 93289524	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 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 CONTAINS SOYA 93163235	Roast Chicken 93035093 / 93173148 (H) / 93037054 (FFL) with Mashed Potato 93046790 and Gravy 93034775	Chicken and Vegetable Tikka Masala 93248300 / 93248313 (H) with Wholegrain Rice 93035026	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 Banana and Chocolate Marble Cake CONTAINS SULPHITES 93220749	SD Orange Glazed Pudding CONTAINS GF OATS 93316120	Strawberry Jelly 93290175	SD Vanilla Sponge CONTAINS SULPHITES 93197070	SD Frozen 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