



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 CONTAINS SOYA 93163235	Roast Pork 93173431 with Roast Potatoes 93035127 and Gravy 93034775	SD Chinese Sticky Lemon Chicken Rice 93443805	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				
	SANDWICHES	SD Ham Sandwich (93174783) or SD Cheese and Tomato Sandwich (93178597)				
	VEG	All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR				
	DESSERT	SD Apple & Cinnamon Sponge CONTAINS SULPHITES 93289524	Strawberry Jelly 93290175	SD Apple Crumble CONTAINS GF OATS 93219577 with SD Custard CONTAINS GF OATS 93166606	SD Frozen Fruit Smoothie 93166797 / 93166798	SD Cookie CONTAINS GF OATS 93290178

**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

N.B. Ketchup (VMC 185485 - **CONTAINS CELERY**) available with certain meals, do not serve to pupils with a celery allergy.

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

AUTUMN/WINTER 2025 MENU

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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	IOW Pork Sausages CONTAINS SULPHITES 93245857 with Mashed Potato 93046790 and Gravy 93034775	Roast Chicken 93037054 with Roast Potatoes 93035127 and Gravy 93034775	Chicken and Vegetable Korma CONTAINS SULPHITES 93248310 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				
	SANDWICHES	SD Ham Sandwich (93174783) or SD Cheese and Tomato Sandwich (93178597)				
	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 Flapjack CONTAINS GF OATS 93165520	SD Chocolate Brownie CONTAINS SULPHITES 93196787	Raspberry Jelly 93290177	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

N.B. Ketchup (VMC 185485 - **CONTAINS CELERY**) available with certain meals, do not serve to pupils with a celery allergy.

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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 Half a Jacket Potato VMC 6359	SD Chicken and Broccoli Pasta Bake CONTAINS GF OATS AND SOYA 93282240 NO GARLIC BREAD	Roast Gammon 93173553 with Roast Potatoes 93035127 and Gravy 93034775	BBQ Chicken 93278107 with Rainbow Rice 93276731	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				
	SANDWICHES	SD Ham Sandwich (93174783) or SD Cheese and Tomato Sandwich (93178597)				
	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 Apple Crumble CONTAINS GF OATS 93219577 with SD Custard CONTAINS GF OATS 93166600	SD Shortbread 93221990	SD Chocolate Crispie CONTAINS GF BARLEY MALT EXTRACT 93158451	Fruits of the Forest Jelly 93290904

**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

N.B. Ketchup (VMC 185485 - **CONTAINS CELERY**) available with certain meals, do not serve to pupils with a celery allergy.

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