

Allergy/Intolerance Menu

Allergy/Intolerance:

Egg Milk Free

Child Name / Area:

St Nicholas Primary

Dates / Term:

AW Central 2022

Implementation Date if required: _____

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1		Jacket Potato with Baked Beans or Plain Tuna (No Cheese, No Mayonnaise)	Roast of the Day with Stuffing, Roast Potatoes and Gravy #SD7 #SD82 #SD40 #SD118	Beef or Vegan Burger #BB1, #V164 (No Piri Piri Chicken) with Crushed Nachos, Tomato Salsa, Cucumber and Grilled Onions #BB5 #BB17 #PL11 #BB6 #SD17 and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips #F6 / #F1 #SD5
	Option 2 (if there is a choice)	Tomato Pasta #V188 #SD11		Crunchy Top Veg Bake with Roast Potatoes #V193 #SD7 #SD82 #SD118		
	Vegetables	Cauliflower #SD27	Peas #SD18	Carrot & Swede Mash #SD53	Sweetcorn #SD19	Peas #SD18
		Green Beans #SD24	Sweetcorn #SD19	Cabbage #SD35	Roasted Peppers #SD26	Baked Beans #SD22
	Dessert	Pear and Chocolate Crumble (No Custard) #D142	NGCI Italian Vanilla Cake #NGCI11	Fresh Fruit (No Yoghurt)	NGCI Italian Chocolate Cake #NGCI12	Vanilla Shortbread #D57
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	Pasta with Tomato Sauce #V121 #SD11 with a choice of: Cajun Chicken, Sweetcorn Salsa, BBQ Beans or Garlic Mushrooms (No Sausage) #MC2 #QB3 #MC8 #MC5	Chicken Pie with Mashed Potato #C71	Vegan Sausage, Onions and Gravy with Roast Potatoes #V182 #SD7 #SD82 #SD118 #SD116	Spaghetti Bolognese with Garlic Bread #B37 #SD8 #SD50	Fishfingers with Chips #F6 #SD5
	Option 2 (if there is a choice)		Veggie Shepherd's Pie with Gravy #V170 #SD118		Vegetable Fajitas with Rice #V211 #SD84	Mexican Roll with Chips #V161 #SD5
	Vegetables	Peas #SD18	Broccoli #SD20	Carrots #SD28	Green Beans #SD24	Peas #SD18
		Carrots #SD28	Sweetcorn #SD19	Brussel Sprouts #SD64	Roasted Butternut Squash #SD31	Baked Beans #SD22
	Dessert	Raspberry Jelly with Mandarins #D217	NGCI Italian Chocolate Cake #NGCI12	Fresh Fruit (No Yoghurt)	Apple & Blackberry Roll (No Custard) #D218	Oaty Cookie #D85
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	Veggie Chilli with Rice #V138 #SD84	Veggie Sausage with Potato Wedges #V182 #SD6	Quirky Bird: Peri-Peri Chicken, or Quorn, Lemon & Herb Chicken #QB13 #QB11 #QB8 with Jollof Rice or Potato Wedges and Watermelon Mint Salad #QB1 #QB4 #SD6	Chinese Vegetable Curry with Rice #V212 #SD84	Fishfingers with Chips #F6 #SD5
	Vegetables	Green Beans #SD24	Baked Beans #SD22	Cauliflower #SD27	Broccoli #SD20	Mushy Peas #SD111
		Carrots #SD28	Sweetcorn #SD19	Peas #SD18	Carrots #SD28	Baked Beans #SD22
	Dessert	NGCI Italian Chocolate Cake #NGCI12	Chocolate Cookie #D40	Fresh Fruit (No Yoghurt)	NGCI Italian Vanilla Cake #NGCI11 with Banana (No Custard)	Apple and Crackers (No Cheese) #D4

Note: no other menu options other than above should be offered in relation to this menu

ALLERGY INFORMATION: Whilst every opportunity has been taken to remove necessary allergens, we cannot rule out the risks of elements and traces of allergens within products and cross contamination within the kitchen environment. If this is a concern due to the severity of the allergy/ intolerance, then please email info@caterlinktd.co.uk for someone to contact you.

Pupil Identification: Each child requiring a special diet should make their self known to the catering team and should be accompanied by a school representative, when receiving there meal.