

## Allergy/Intolerance Menu

Allergy/Intolerance: \_\_\_\_\_

NGCI

Child Name / Area: \_\_\_\_\_

**St Nicholas Primary**

Dates / Term: \_\_\_\_\_

**AW Central 2022**

Implementation Date if required: \_\_\_\_\_

| DATES | WEEK 1                                    | Monday                                                                                                                                       | Tuesday                                       | Wednesday                                                                                                                                               | Thursday                                                                                                                                                             | Friday                                      |
|-------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
|       | <b>Option 1</b>                           | Tomato Sauce with NGCI Pasta #NGCI4 #V188                                                                                                    | Chicken Curry with Rice #C86#SD84             | Roast of the Day (No Stuffing) . Roast Potatoes and Gravy #SD7 #SD82 #SD118                                                                             | Beef or Vegan Burger Patty #BB1, #V164 (No Bun, No Piri Piri Chicken) with Tomato Salsa, Cucumber, Cheese and Grilled Onions #BB17 #PL11 #BB4 #BB6 and Potato Wedges | NGCI MSC Fishfingers #NGCI5 with Chips #SD5 |
|       | <b>Option 2</b><br>(if there is a choice) |                                                                                                                                              |                                               |                                                                                                                                                         |                                                                                                                                                                      | Cheese Omelette with Chips #V24 #SD5        |
|       | <b>Vegetables</b>                         | 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                           |
|       | <b>Dessert</b>                            | NGCI Crumble Topping #NGCI15 with Pear and Chocolate Filling with Custard #D2                                                                | NGCI Italian Vanilla Cake #NGCI11             | Fresh Fruit and Yoghurt Station (No Crumbles, No Granola)                                                                                               | NGCI Italian Chocolate Cake #NGCI12                                                                                                                                  | NGCI Vanilla Shortbread #NGCI6              |
| DATES | WEEK 2                                    | Monday                                                                                                                                       | Tuesday                                       | Wednesday                                                                                                                                               | Thursday                                                                                                                                                             | Friday                                      |
|       | <b>Option 1</b>                           | NGCI Macaroni Cheese #NGCI9 with a choice of: Cajun Chicken, Sweetcorn Salsa, BBQ Beans or Garlic Mushrooms (No Sausage) #MC2 #QB3 #MC8 #MC5 | Veggie Shepherd's Pie with Gravy #V170 #SD118 | Vegan Sausage, Onions and Gravy with Roast Potatoes and Onions #V182 #SD7 #SD82 #SD118 #SD116                                                           | Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise                                                                                                            | NGCI MSC Fishfingers #NGCI5 with Chips #SD5 |
|       | <b>Vegetables</b>                         | 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                           |
|       | <b>Dessert</b>                            | Raspberry Jelly with Mandarins #D217                                                                                                         | NGCI Italian Chocolate Cake #NGCI12           | Fresh Fruit and Yoghurt Station (No Crumbles, No Granola)                                                                                               | NGCI Italian Vanilla Cake with Custard #NGCI11 #D2                                                                                                                   | NGCI Vanilla Shortbread #NGCI6              |
| DATES | WEEK 3                                    | Monday                                                                                                                                       | Tuesday                                       | Wednesday                                                                                                                                               | Thursday                                                                                                                                                             | Friday                                      |
|       | <b>Option 1</b>                           | NGCI Cheese and Tomato Pizza #NGCI11                                                                                                         | Veggie Sausage with Potato Wedges #V182 #SD6  | Quirky Bird: Peri-Peri Chicken or Lemon & Herb Chicken (No Quorn) #QB13 #QB8 with Jollof Rice or Potato Wedges and Watermelon Mint Salad #QB1 #QB4 #SD6 | Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise                                                                                                            | NGCI MSC Fishfingers #NGCI5 with Chips #SD5 |
|       | <b>Vegetables</b>                         | Green Beans #SD24                                                                                                                            | Baked Beans #SD22                             | Cauliflower #SD27                                                                                                                                       | Broccoli #SD20                                                                                                                                                       | Mushy Peas #SD111                           |
|       |                                           | Carrots #SD28                                                                                                                                | Sweetcorn #SD19                               | Peas #SD18                                                                                                                                              | Carrots #SD28                                                                                                                                                        | Baked Beans #SD22                           |
|       | <b>Dessert</b>                            | NGCI Italian Chocolate Cake #NGCI12                                                                                                          | NGCI Chocolate Shortbread #NGCI7              | Fresh Fruit and Yoghurt Station (No Crumbles, No Granola)                                                                                               | NGCI Italian Vanilla Cake with Banana with Custard #NGCI11 #D2                                                                                                       | Apple & Cheese (No Crackers) #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@caterlinkltd.co.uk](mailto:info@caterlinkltd.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 their meal.