

Allergy / Intolerance:  
Child Name / Area :  
Dates / Term:

Central Autumn Winter 2023-24

Implementation Date

**Allergy/Intolerance Menu**

**No Gluten Containing Ingredients (NGCI)**

\*All recipe codes are given in bold (e.g., **F6**) - to find the recipe on Sharepoint start your search with the letters PRI - e.g., **PRIF6**.

DATES	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	<b>NGCI49</b> NGCI Cheese and Tomato Piza (No Pasta Salad)	<b>B81</b> Beef & Bacon or <b>V234</b> Vegan Burger in <b>NGCI47</b> NGCI Burger Bun with a choice of toppings (See concept guide for toppings: <b>B85-B822</b> ) and <b>S05</b> Potato Wedges (No Nachos, Stuffing, Beef or Vegan Chilli)	Roast of the Day, <b>SD82</b> Roast Potatoes & <b>SD118</b> Gravy (No Stuffing)		<b>NGCI87</b> Breadcrd Pollock with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce
<b>Option 2</b>		<b>V238</b> Veggie Sausage and <b>SD118</b> Gravy with <b>SD82</b> Roast Potatoes	<b>V238</b> Veggie Sausages, <b>SD118</b> Onions and <b>SD118</b> Gravy with <b>SD82</b> Roast Potatoes	<b>V238</b> Veggie Bolognese with <b>NGCI24</b> NGCI Penne (No Garlic Bread)	
<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Dessert</b>	<b>NGCI31</b> Chocolate Mandarin Cake	<b>D238</b> Fruit Jelly with Mandarins	<b>D238</b> Freshly Chopped Fruit Medley	<b>NGCI82</b> Banana and Chocolate Cake	<b>NGCI6</b> Vanilla Shortbread
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	<b>V188</b> Tomato with <b>NGCI24</b> NGCI Penne	<b>Q814</b> BBQ Chicken or <b>Q815</b> Lemon & Herb Chicken with <b>Q816</b> seasoned Potatoes and a choice of Salads (No Bacon, No JUs Pasta Salad)	<b>Q814</b> BBQ Chicken or <b>Q815</b> Lemon & Herb Chicken with <b>Q816</b> seasoned Potatoes and a choice of Salads (No Bacon, No JUs Pasta Salad)	<b>C86</b> Chef Shird's Chicken Korma with <b>SD84</b> Rice	<b>NGCI37</b> Breadcrd Pollock with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce
<b>Option 2</b>		<b>V234</b> Loaded Jackets	(See concept guide for salads: <b>Q82</b> <b>Q83</b> <b>Q84</b> )	<b>V237</b> Veggie Meatballs in <b>V225</b> Tomato Sauce with <b>SD84</b> Rice	<b>V24</b> Cheese Omelette with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce
<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Dessert</b>	<b>NGCI11</b> Italian Vanilla Cake	<b>NGCI15</b> Crumble Topping with Apple filling with <b>D2</b> Custard	<b>D224</b> Fruit Medley	<b>NGCI12</b> Chocolate Cake with <b>D3</b> Chocolate Sauce	<b>NGCI6</b> Vanilla Shortbread
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	<b>NGCI24</b> NGCI Penne with <b>V225</b> Tomato sauce, <b>PK1</b> Creamy Tomato sauce or <b>PK2</b> Carbonara with <b>V85</b> Cheese (No Nachos, No Croustons)			Chicken with <b>SD1</b> Mash & <b>SD118</b> Gravy	<b>NGCI87</b> Breadcrd Pollock with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce
<b>Option 2</b>		<b>NGCI35</b> Mexican Black Beans with <b>SD84</b> Rice		<b>NGCI46</b> Macaroni Cheese	
<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
<b>Dessert</b>	<b>NGCI11</b> Italian Vanilla Cake	<b>NGCI48</b> Chocolate Orange Cookie	<b>D225</b> Fruit Puffer	<b>NGCI11</b> Italian Vanilla Cake with <b>D2</b> Custard	<b>NGCI12</b> Chocolate Cake

**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@caterlink.co.uk](mailto:info@caterlink.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.