

St Mary's Roman Catholic Primary School

ALLERGY AWARE MENU

Suitable for pupils with allergies within the 14 EU

WEEK 1
WEEK 2
WEEK 3



Please note
AA in a dish name
refers to **Allergy
Aware**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Beef & Roasted Vegetable Cottage Pie 680410	GF/DF Chicken & Tomato Basil Pasta 680377	Roast Chicken & Gravy 630301	GF/DF Chicken & Tomato Basil Pasta 680377	GF Fish Fingers & Chips 694767
					CONTAINS FISH
VEGGIE	Veggie Cottage Pie 684074	GF Vegan Roasted Vegetable Pasta 679595	Roasted Root & Mixed Bean Vegetable Stew 680544	DF/GF Cheesy Tomato Pasta 679533	Mexican Veggie Beans & Chips 783815
SIDES	Carrots & Green Beans 684015	Peas & Sweetcorn 644291	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Sweetcorn & Carrots 633641	Baked Beans or Peas 640466
PASTA & JACKET	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Tomato Pasta 679533	Jacket Potato with Baked Beans & DF Cheese 681015	GF Vegan Roasted Vegetable Pasta 679595
PUD	AA Vanilla Cake 679611	GF Apple Crumble 688416	Fresh Fruit 638179	AA Vanilla Cake 679611	Fresh Fruit 638179
	Fresh Fruit NO DAILY SALAD BAR				

**Only serve
what is on this
menu.**

**This menu
must be used
everyday for
children with
allergies to
the 14 EU.**

DATES

31 AUG / 21 SEP
12 OCT / 09 NOV / 30 NOV

STOP AND THINK!

Have you completed the Student Allergen Management Record?



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	AA Chicken Curry 679503	AA Sweet & Sour Chicken 688408	Stir Fried Chickpeas & Vegetables N/A	Beef Bolognese with GF Pasta 679407	GF Fish Fingers & Chips 694767
					CONTAINS FISH
VEGGIE	AA Butternut Squash & Spinach Curry 680498	Sweet & Sour Roasted Vegetables 744964	Lightly Spiced 'Plant Based' Chickn 744561	GF Pasta with Homemade Pesto 681300	Lightly Spiced 'Plant Based' Chickn 744561
SIDES	Steamed Rice & Broccoli 634220	Steamed Rice & Green Beans 640417	Paprika Diced Potatoes & Sweetcorn 744607	Broccoli 733771	Homemade Potato Wedges & Baked Beans 640468
PASTA & JACKET	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015
PUD	Fruit Jelly 630866	GF Chocolate Shortbread Biscuit 670576	GF Apple Crumble 688416	AA Jam Sponge 783751	Fruit Jelly 630866
Fresh Fruit NO DAILY SALAD BAR					

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DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	GF/DF Chicken & Tomato Basil Pasta 680377	Beef & Mixed Bean Chilli con Carne 679858	Roast Chicken & Gravy 630301	Beef Bolognese with GF Pasta 679407	GF Fish Fingers & Chips 694767
					CONTAINS FISH
VEGGIE	GF Vegan Roasted Vegetable Pasta 679595	Roasted Vegetable & Mixed Bean Chilli con Carne 681085	Roasted Root & Mixed Bean Vegetable Stew 680544	Roasted Vegetable Bolognese with GF Pasta 681102	DF/GF Cheese & Tomato Pizza with Chips 681035
SIDES	Broccoli 733771	Steamed Rice & Broccoli 634220	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Peas & Sweetcorn 644291	Baked Beans or Peas 640466
PASTA & JACKET	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Tomato Pasta 679533	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015
PUD	AA Berry Sponge 783748	Fresh Fruit 638179	GF Chocolate Shortbread Biscuit 670576	GF Winter Berry Crumble 738521	AA Berry Sponge 783748
	Fresh Fruit NO DAILY SALAD BAR				

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DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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