

# St Mary's 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                                        |
|-------------------------------|--------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|
| <b>MAIN</b>                   | Smokey BBQ Chicken<br>782711                           | Beef Bolognese with GF<br>Pasta<br>679680               | Roast Chicken & Gravy<br>632129                                       | DF/GF BBQ Chicken Pizza<br>679665                       | GF Fish Fingers & Chips<br>694767             |
|                               |                                                        |                                                         |                                                                       |                                                         | <b>CONTAINS FISH</b>                          |
| <b>VEGGIE</b>                 | Smokey BBQ Pulled<br>Jackfruit<br>782758               | GF Vegan Roasted<br>Vegetable Pasta<br>679595           | Roasted Root & Mixed<br>Bean Vegetable Stew<br>680544                 | DF/GF Cheese & Tomato<br>Pizza<br>670572                | Mexican Veggie Beans &<br>Chips<br>783815     |
| <b>SIDES</b>                  | Steamed Rice with<br>Sweetcorn & Green Beans<br>782764 | Carrots & Broccoli<br>746842                            | Rustic Roast Potatoes &<br>Medley of Seasonal<br>Vegetables<br>689911 | Homemade Potato Wedges<br>& Baked Beans<br>640468       | Baked Beans or Peas<br>640466                 |
| <b>PASTA &amp;<br/>JACKET</b> | GF Tomato & Basil Pasta<br>681142                      | Jacket Potato with Baked<br>Beans & DF Cheese<br>681015 | DF/GF Cheesy Tomato<br>Pasta<br>679533                                | Jacket Potato with Baked<br>Beans & DF Cheese<br>681015 | GF Vegan Roasted<br>Vegetable Pasta<br>679595 |
| <b>PUD</b>                    | AA Vanilla Cake<br>679611                              | GF Apple Crumble<br>688416                              | GF Vanilla Shortbread<br>Biscuit<br>679625                            | Fruit Jelly<br>630866                                   | AA Vanilla Cake<br>679611                     |
|                               | Fresh Fruit<br><b>NO DAILY SALAD BAR</b>               |                                                         |                                                                       |                                                         |                                               |

**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                                                  |
|------------------------------------------|------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------|
| <b>MAIN</b>                              | DF/GF Cheesy Beef Pasta<br>784172                          | AA Chicken Curry<br>679502                           | Lightly Spiced Chicken<br>744553                        | Beef Bolognese with GF<br>Pasta<br>679680     | DF/GF Meat Feast Pizza<br>679675                        |
| <b>VEGGIE</b>                            | DF/GF Cheesy Tomato Pasta<br>679533                        | AA Vegetable Curry<br>679516                         | Lightly Spiced 'Plant<br>Based' Chickn<br>744561        | GF Pasta with Homemade<br>Pesto<br>681300     | DF/GF Cheese & Tomato<br>Pizza<br>670572                |
| <b>SIDES</b>                             | Peas & Sweetcorn<br>644291                                 | Steamed Rice with Carrots<br>& Green Beans<br>782944 | Paprika Diced Potatoes &<br>Sweetcorn<br>744607         | Broccoli<br>733771                            | Homemade Potato<br>Wedges & Baked Beans<br>640468       |
| <b>PASTA &amp;<br/>JACKET</b>            | Jacket Potato with<br>Baked Beans & DF<br>Cheese<br>681015 | GF Tomato & Basil Pasta<br>681142                    | Jacket Potato with Baked<br>Beans & DF Cheese<br>681015 | GF Vegan Roasted<br>Vegetable Pasta<br>679595 | Jacket Potato with Baked<br>Beans & DF Cheese<br>681015 |
| <b>PUD</b>                               | AA Vanilla Cake<br>679611                                  | GF Chocolate Shortbread<br>Biscuit<br>670576         | GF Apple Crumble<br>688416                              | AA Jam Sponge<br>783751                       | Fruit Jelly<br>630866                                   |
| Fresh Fruit<br><b>NO DAILY SALAD BAR</b> |                                                            |                                                      |                                                         |                                               |                                                         |

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### DATES

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

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|                               | MONDAY                                                     | TUESDAY                                                      | WEDNESDAY                                                             | THURSDAY                                               | FRIDAY                                                  |
|-------------------------------|------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------|
| <b>MAIN</b>                   | GF/DF Chicken & Tomato<br>Basil Pasta<br>680373            | Beef & Mixed Bean Chilli<br>con Carne<br>679851              | Roast Chicken & Gravy<br>632129                                       | AA Chicken Curry<br>679502                             | GF Fish Fingers & Chips<br>694767                       |
|                               |                                                            |                                                              |                                                                       |                                                        | <b>CONTAINS FISH</b>                                    |
| <b>VEGGIE</b>                 | GF Vegan Roasted<br>Vegetable Pasta<br>679595              | Roasted Vegetable & Mixed<br>Bean Chilli con Carne<br>681085 | Roasted Root & Mixed Bean<br>Vegetable Stew<br>680544                 | AA Sweet Potato, Chickpea<br>& Coconut Curry<br>680490 | DF/GF Cheese & Tomato<br>Pizza with Chips<br>681035     |
| <b>SIDES</b>                  | Broccoli<br>733771                                         | Steamed Rice & Broccoli<br>634220                            | Rustic Roast Potatoes &<br>Medley of Seasonal<br>Vegetables<br>689911 | Rice & Peas<br>641217                                  | Baked Beans or Peas<br>640466                           |
| <b>PASTA &amp;<br/>JACKET</b> | Jacket Potato with<br>Baked Beans & DF<br>Cheese<br>681015 | DF/GF Cheesy Tomato<br>Pasta<br>679533                       | Jacket Potato with Baked<br>Beans & DF Cheese<br>681015               | GF Tomato & Basil Pasta<br>681142                      | Jacket Potato with Baked<br>Beans & DF Cheese<br>681015 |
| <b>PUD</b>                    | AA Berry Sponge<br>783748                                  | AA Vanilla Cake<br>679611                                    | GF Chocolate Shortbread<br>Biscuit<br>670576                          | GF Winter Berry Crumble<br>738521                      | AA Berry Sponge<br>783748                               |
|                               | Fresh Fruit<br><b>NO DAILY SALAD BAR</b>                   |                                                              |                                                                       |                                                        |                                                         |

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### DATES

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

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