

Allergy/Intolerance Menu

Allergy / Intolerance:

Milk Free

Child Name/Names/Area : **Central**

Dates / Term: **Autumn Winter 2026 2027**

PLEASE READ BEFORE SERVING

Only recipes with a corresponding code listed on the menu should be served to the pupil. Do not make any amendments to the special diet menu or offer any additional dishes.
If the code for the dish is on the menu but on a different day, the menu item is suitable for the allergies mentioned in the title. e.g. Fishfingers can served on a Tuesday even if they are on a Friday on the menu.
***All recipe codes are given in bold (e.g., F6) - to find the primary recipe on Sharepoint start your search with the letters PRI - e.g., PRI F6.**

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	BB3 Beetroot and Lentil Burger in a SD17 Bun with SD6 Potato Wedges		C4 C5 Roast Chicken, SD40 Stuffing, SD82 Roast Potatoes and SD118 Gravy	C35 Chicken Tikka Masala with SD84 Rice	F6 Fishfingers or F1 Salmon Fishfingers with SD5 Chips & SD14 Tomato Sauce
	Option 2		V348 V225 Meatless Farm Plant Balls in Tomato Sauce with SD84 Rice	V232 Vegetarian Wellington with SD82 Roast Potatoes and SD118 Gravy	V347 Quorn and Lentil Tikka Masala with SD84 Rice	
	Sandwich Line	If your school is offering a sandwich option, these options are suitable for the listed allergies (available options may vary between schools): PL1 PL2 Baguettes, PL3 PL4 Sliced Bread or PL5 Pitta Bread with: F11 Tuna Mayonnaise, V57 Egg Mayonnaise or P20 Ham (No Cheese)				
	Alternative Meal	SD55 Jacket Potato with SD22 Baked Beans or F11 Tuna Mayonnaise (No Cheese)				
	Vegetables	Vegetable of the Day				
	Dessert	FRESH FRUIT	D189 Apple Cake (No Custard)	D224 Fruit Medley	D235 Jelly with Mandarins	D197 Syrup Sponge (No Custard)
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	NGCI71 NGCI GLUTEN FREE MILK FREE HERBY PIZZA SWIRLS - FREE FROM MAIN 14 ALLERGENS with SD6 Potato Wedges	SD8 Spaghetti B48 Bolognese	C135 BBQ Chicken with QB16 Seasoned Potatoes and QB3 Sweetcorn Salsa	C103 Chicken Meatballs in V225 Tomato Sauce with SD84 Rice	F7 Breaded Fish or F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce
	Option 2	V239 Mild Mexican Chilli with SD84 Rice	V233 Vegan SD8 Spaghetti Bolognese	QB19 Lemon & Herb Quorn with QB16 Seasoned Potatoes and QB3 Sweetcorn Salsa	V303 Creamy Chickpea and Coconut Curry with SD84 Rice	
	Sandwich Line	If your school is offering a sandwich option, these options are suitable for the listed allergies (available options may vary between schools): PL1 PL2 Baguettes, PL3 PL4 Sliced Bread or PL5 Pitta Bread with: F11 Tuna Mayonnaise, V57 Egg Mayonnaise or P20 Ham (No Cheese)				
	Alternative Meal	SD55 Jacket Potato with SD22 Baked Beans or F11 Tuna Mayonnaise (No Cheese)				
	Vegetables	Vegetable of the Day				
	Dessert	D267 Gingerbread Cookie	D169 Chocolate and Beetroot Brownie (No Chocolate Sauce)	D223 Fruit Salad	D243 Sticky Toffee Apple Crumble (No Custard)	D57 Vanilla Shortbread
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1			P25 Pork Sausage or C137 Chicken Sausage with SD82 Roasted Potatoes & SD118 Gravy	C102 Mild Caribbean Chicken with GR5 Golden Rice	F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce
	Option 2	V161 Phat Mexican Bean Roll with SD2 New Potatoes	V302 Tomato Pasta	V342 Meatless Farm Sausage with SD82 Roast Potatoes & SD118 Gravy	V306 Caribbean Stew with GR5 Golden Rice	
	Sandwich Line	If your school is offering a sandwich option, these options are suitable for the listed allergies (available options may vary between schools): PL1 PL2 Baguettes, PL3 PL4 Sliced Bread or PL5 Pitta Bread with: F11 Tuna Mayonnaise, V57 Egg Mayonnaise or P20 Ham (No Cheese)				
	Alternative Meal	SD55 Jacket Potato with SD22 Baked Beans or F11 Tuna Mayonnaise (No Cheese)				
	Vegetables	Vegetable of the Day				
	Dessert	D85 Oaty Cookie	D236 Pear Crumble (No Custard)	D225 Fruit Salad	D265 Jamaican Ginger Cake (No Custard)	D177 Iced Sponge

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/
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.