

**AUTUMN/
WINTER
2026**

ALLERGY AWARE MEAT – KITCHEN GUIDE

This menu is suitable for children with an allergy and/or intolerance within the 14 main EU allergens.

This menu contains **FISH AND CELERY.**

If a pupil has a food allergy or intolerance to **FISH OR CELERY.** they should be provided with an alternative meal or dessert choice from this menu for that day (E.g. SD Tomato Pasta or Jacket Potato)

This menu requires a total of **9 specialist items** to be ordered in, please ensure this is done ahead of go live

Any allergens warning are shown in **RED**

NOTE: All special diet recipes will be noted with ‘SD’ in front of the recipe. If ‘SD’ is stated, please ensure you are following the special diet recipe of the dish.

OPERATOR: If selector recipes have been used, please refer to the allergy aware selector menu to align to school’s menu please cross check the allergens to ensure no additional allergens are present.

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL, GLUTEN FREE (GF) OATS AND GF BARLEY MALT EXTRACT BELOW 20PPM

**AUTUMN/
WINTER
2026**

ALLERGY AWARE MEAT – PARENT GUIDE

This menu is suitable for children with an allergy and/or intolerance to one or more of the 14 main EU allergens (e.g. milk, egg, cereals containing gluten etc.)

This is a reduced-allergen menu. It removes several common allergens; however, this menu does contain **FISH AND CELERY.**

Using a reduced allergen approach helps keep pupils safe by lowering the risk of **cross-contamination** in busy school kitchens.

Some foods your child may eat at home may not appear on this menu. This allows us to offer **safe meal choice, variety, and balanced nutrition** wherever possible.

Our Allergy Aware menu is **closely aligned with the main menu**, so children are eating similar meals to their peers.

How to read this menu:

- This menu contains the following allergens: **FISH AND CELERY.**
- Any allergens present are clearly highlighted in **RED** on the menu.
- If a pupil has a food allergy or intolerance to **FISH OR CELERY,** they will be provided with an alternative meal or dessert choice from this menu for that day (E.g. **SD** Tomato Pasta or Jacket Potato)
- Dishes marked '**SD**' indicate a Special Diet recipe. These are dishes which have been developed to remove the EU 14 allergens.

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL, GLUTEN FREE (GF) OATS AND GF BARLEY MALT EXTRACT BELOW 20PPM

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	Ingredients different from main menu	VMC (ordering code)	Recipe it is present in
1	Gluten Free Pizza Base	5025767	<u>SD</u> Vegan Cheese & Tomato Pizza 93174975
2	Vegan Cheese	132615	<u>SD</u> Vegan Cheese & Tomato Pizza 93174975 Jacket Potato with Vegan Cheese 93227189
3	Gluten Free Pasta	5028487	<u>SD</u> Pasta 93163235/93315913 <u>SD</u> Tomato Pasta 93171286
4	Gluten Free Fish Fillet	187762	<u>SD</u> Fish Fillet 93166795
5	Gluten Free Shortbread	101480	<u>SD</u> Lazy Day Shortbread 93177181
7	Strawberry Frozen Smoothie \ Orange and Mango Frozen Smoothie	32573 / 32572	<u>SD</u> Frozen Fruit Smoothie 93166797/ 93166798
8	Gluten Free Roll	183993	<u>SD</u> Chicken Burger 93170396
9	Rice Noodles	113270	<u>SD</u> Chinese Vegetable Noodles 93195251

AUTUMN/ WINTER 2026

STOP AND THINK!

Have you completed
the double-checking
confirmation sheet?

ARE YOU
ALLERGEN
AWARE?

HOW TO USE THE ALLERGY AWARE MENU

ALLERGY AWARE MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	<u>SD</u> Vegan Cheese & Tomato Pizza 93174975 with <u>SD</u> Pasta 93315913	Veggie Meatballs 93283682 with Herby Diced Potatoes 93426646	Roast Chicken 93035093/ 93037054 (FFL) with Roast Potatoes 93035127 and Gravy 93034775	Beef Bolognese 93102798 with <u>SD</u> Pasta 93163235	<u>SD</u> Fish Fillet CONTAINS FISH 93166795 with Chips 93040525
VEG	Additional warnings for 'do not serve items' → All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	<u>SD</u> Lazy Day Shortbread 93177181	<u>SD</u> Frozen Fruit Smoothie 93166797/ 93166798	<u>SD</u> Apple and Oat Bite 93196789	<u>SD</u> Chocolate Crispie 93158451	App 930416

Allergen warnings
shown on menu as
CONTAINS

Ensure you are
using the correct
PLU / recipe code
shown on Source
recipe

SD indicates a 'Special
Diet' recipe. This is
different to the core recipe.
These can be made in bulk
and frozen.

ONLY SERVE WHAT IS ON THIS MENU!

Only serve what is shown
on this menu. Nothing
more.

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese (93034839 / 93227189)
✓ SD Tomato Pasta (93171286)
- ✓ Cool Water, Apple, Banana or Orange (93041624/ 93041625/ 93065473)

SD = SEPARATE SPECIAL DIET RECIPE

AUTUMN/ WINTER 2026

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WEEK 1

W/C: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027,
25/01/2027, 15/02/2027, 08/03/2027, 29/03/2027

ALLERGY AWARE WITH MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	<u>SD</u> Vegan Cheese & Tomato Pizza 93174975 with <u>SD</u> Pasta 93315913	Sweet Potato and Lentil Curry 93355061 With Rice	Roast Chicken 93035093 with Roast Potatoes 93035127 and Gravy 93034775	<u>SD</u> Vegan Meatball Baguette 93540809 With Potato Wedges 93156646	<u>SD</u> Fish Fillet CONTAINS FISH 93166795 with Chips 93040525 And Tomato Ketchup 93297394 CONTAINS CELERY
VEG	All main meals are served with two vegetables. NO SELF SERVE SALAD BAR OR COLESLAW. SALAD MUST BE PRE-PLATED, COVERED AND LABELLED.				
DESSERT	<u>SD</u> Lazy Day Shortbread 93177181	<u>SD</u> Frozen Fruit Smoothie 93166797/ 93166798	Strawberry Jelly 93290175	<u>SD</u> Lazy Day Shortbread 93177181	Raspberry Jelly 93290177

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese (93034839 / 93227189)
- ✓ SD Tomato Pasta (93171286)
- ✓ SD Ham Sandwich (93174783) or SD Vegan Cheese and Cucumber Sandwich (93173474)
- ✓ Cool Water, Fresh Fruit

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!

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WEEK 2

W/C: 09/11/2026, 30/11/2026, 21/12/2026, 11/01/2027,
01/02/2027, 22/02/2027, 15/03/2027

ALLERGY AWARE WITH MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	<u>SD</u> Vegan Cheese & Tomato Pizza 93174975 with <u>SD</u> Pasta 93315913	<u>SD</u> Chicken Burger 93170396 with Herby Diced Potatoes 93426646	Roast Chicken 93035093 With Potatoes 93034992 and Gravy 93034775	BBQ Chicken 93278107 with Potato Wedges 93156646	<u>SD</u> Fish Fillet CONTAINS FISH 93166795 with Chips 93040525 And Tomato Ketchup 93297394 CONTAINS CELERY
VEG	All main meals are served with two vegetables. NO SELF SERVE SALAD BAR OR COLESLAW. SALAD MUST BE PRE-PLATED, COVERED AND LABELLED.				
DESSERT	<u>SD</u> Lazy Day Shortbread 93177181	<u>SD</u> Frozen Fruit Smoothie 93166797/ 93166798	Fruits of the Forest Jelly 93312677	<u>SD</u> Lazy Day Shortbread 93177181	Strawberry Jelly 93290175

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese (93034839 / 93227189)
- ✓ SD Tomato Pasta (93171286)
- ✓ SD Ham Sandwich (93174783) or SD Vegan Cheese and Cucumber Sandwich (93173474)
- ✓ Cool Water, Fresh Fruit

SD = SEPARATE SPECIAL DIET RECIPE

Our menu is subject to change. Please be assured that all notified
medical diets and allergy requirements will be safely catered for.

ONLY SERVE WHAT IS ON THIS MENU!

 **Chartwells**
Schools

Internal

AUTUMN/ WINTER 2026

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WEEK 3

W/C: 16/11/2026, 07/12/2026, 28/12/2026, 18/01/2027,
08/02/2027, 01/03/2027, 22/03/2027

ALLERGY AWARE WITH MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	<u>SD</u> Vegan Cheese & Tomato Pizza 93174975 with <u>SD</u> Pasta 93315913	<u>SD</u> Chinese Vegetable Noodles 93195251	Roast Chicken 93035093 with Roast Potatoes 93035127 and Gravy 93034775	Beef Bolognese 93170702 with <u>SD</u> Pasta 93163235	<u>SD</u> Fish Fillet CONTAINS FISH 93166795 with Chips 93040525 And Tomato Ketchup 93297394 CONTAINS CELERY
VEG	All main meals are served with two vegetables. NO SELF SERVE SALAD BAR OR COLESLAW. SALAD MUST BE PRE-PLATED, COVERED AND LABELLED.				
DESSERT	<u>SD</u> Lazy Day Shortbread 93177181	<u>SD</u> Frozen Fruit Smoothie 93166797/ 93166798	Raspberry Jelly 93290177	<u>SD</u> Lazy Day Shortbread 93177181	Fruits of the Forest Jelly 93312677

AVAILABLE DAILY

- ✓ Jacket Potato with Baked Beans or Vegan Cheese (93034839 / 93227189)
- ✓ SD Tomato Pasta (93171286)
- ✓ SD Ham Sandwich (93174783) or SD Vegan Cheese and Cucumber Sandwich (93173474)
- ✓ Cool Water, Fresh Fruit

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!