

**Allergy/Intolerance Menu**

**Egg Sesame Free**

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

**Central Spring Summer 2023**

Implementation Date if required:

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
17th April 8th May 9th May 19th June 10th July 4th Sept 25th Sept 16th Oct	Option 1	Cheese & Tomato Pizza with Potato Wedges #V31 #SD6	Beef Lasagne with Garlic Bread #B39 #SD50	Roast of the Day, Roast Potatoes & Gravy #SD7 #SD82 #SD118	BBQ or Lemon & Herb Chicken or Vegan Quorn with Jollof Rice & Salads  #QB6 #QB8 #V205 #QB10 #QB1 #QB3	Fishfingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2 (if there is a choice)	Crunchy Topped Vegetable Bake with New Potatoes #V193 #SD2	Wholemeal Vegetable Pasta Bake #V73			Phat Mexican Bean Roll with Chips & Tomato Sauce #V161 #SD5 #SD14
	Vegetables	Mixed Salad #SD25 <b>(No Coleslaw)</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas #SD18 Baked Beans #SD22
	Dessert	NEW Syrup Snap Biscuit #D219	Fruit Jelly with Mandarins #D217	Freshly Chopped Fruit #D223	NGCI Italian Vanilla Cake #NGCI11	Oaty Cookie #D85
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
24th April 15th May 26th June 17th July 11th Sept 2nd Oct	Option 1	A choice of different Mac & Cheese flavours #V11 #MC9 #MC10 with a choice of Cajun Chicken, Garlic mushrooms, Roasted Vegetables or BBQ Beans <b>(No Breadcrumbs, no Croutons)</b>		Minced Beef & Onion Pie with Roast Potatoes #B45 #SD7 #SD82	Chef's Special Chicken Korma with Rice #C86 #SD84	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce #F1 #F6 #SD5 #SD14
	Option 2 (if there is a choice)	#MC2 #MC5 #MC7 #MC8	Vegan Sausage <b>(No Hot Dog Bun)</b> with Potato Wedges #V182 #SD6	Potato and Courgette Layer Bake #V10	Vegetable Wellington with New Potatoes & Gravy #V12 #SD2 #SD118	Beetroot Burger Patty <b>(No Bun)</b> with Chips & Tomato Sauce #BB3 #SD5 #SD14
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas #SD18 Baked Beans #SD22
	Dessert	NGCI Italian Vanilla Cake #NGCI11	Apple Flapjack #D171	Fruit Medley #D224	Peach Crumble & Cream #D19 #D39	Vanilla Shortbread #D57
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
1st May 22nd May 12th June 3rd July 24th July 18th Sept 9th Oct	Option 1		Spaghetti Bolognese #B37 #SD8	Roast of the Day, Roast Potatoes & Gravy #SD7 #SD82 #SD118	NEW Greek Chicken Pitta with Seasoned Wedges #GR1 #SD6	Fishfingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2 (if there is a choice)	Lentil and Sweet Potato Curry with Rice #V108 #SD84	Vegan Spaghetti Bolognese #V169 #SD8	Vegan Quorn with Stuffing, Roast Potatoes & Gravy #V204 #SD7 #SD82 #SD118 #SD40	NEW Spinach & Cheese Whirl with Seasoned Wedges #GR2 #SD6	
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Fresh Salad Rainbow Slaw #SD92	Peas #SD18 Baked Beans #SD22
	Dessert	Peaches with Ice Cream #D166 #D13	NGCI Italian Chocolate Cake #NGCI12	Fruit Platter #D225	Chocolate Shortbread #D80	NEW Cornflake Tart #D221

**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@caterlinktd.co.uk](mailto:info@caterlinktd.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 there meal.