

# Elmstead Wood Primary School

## ALLERGY AWARE MENU

Suitable for pupils with allergies within the 14 EU

WEEK 1  
WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	AA Chicken Curry 679503	Bunless Homemade Beef Burger 670554	Roast Chicken & Gravy 630301	DF/GF BBQ Chicken Pizza 679659	DF/GF BBQ Chicken Pizza & Chips 688327
<b>VEGGIE</b>	AA Sweet Potato, Chickpea & Coconut Curry 680490	Bunless Spinach & Chickpea Burger 679531	Roasted Root & Mixed Bean Vegetable Stew 680544	DF/GF Cheese & Tomato Pizza 670572	Jacket Potato with Baked Beans & DF Cheese 681015
<b>SIDES</b>	AA Rice & Peas with Green Beans 641217	Homemade Potato Wedges & Green Salad 640452	Rustic Roast Potatoes with Roasted Carrots & Parsnips 639149	Homemade Potato Wedges & Green Salad 640452	Baked Beans & Peas 640466
<b>PASTA &amp; JACKET</b>	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Pasta 679533
<b>PUD</b>	AA Vanilla Cake 679611	AA Chocolate Cake 679600	GF Apple Crumble 688416	AA Lemon Cake 679656	Fruit Jelly 630866
Fresh Fruit <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

05 JAN / 26 JAN  
23 FEB / 16 MAR /

### STOP AND THINK!

**Have you completed the Student Allergen Management Record?**



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WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Beef Bolognese with GF Pasta 679407	Mexican Chicken 630075	Roast Chicken with Steamed Potatoes & Gravy 688402	AA Chicken Curry 679503	BBQ Chicken & Chips 688321
<b>VEGGIE</b>	DF/GF Roasted Squash & Root Vegetable Pasta 679595	Mexican Bean Casserole & Veggies 681033	Jacket Potato with Baked Beans & DF Cheese 681015	AA Vegetable Curry 679516	DF/GF Margherita Pizza with Chips 681035
<b>SIDES</b>	Mixed Green Salad 630035	Steamed Rice & Green Beans 640417	Roasted Carrots & Parsnips 640464	Steamed Rice & Green Beans 640417	Beans or Peas 640466
<b>PASTA &amp; JACKET</b>	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Pasta 679533
<b>PUD</b>	GF Chocolate Shortbread Biscuit 670576	AA Vanilla Cake 679611	AA Chocolate Cake 679600	AA Lemon Cake 679656	GF Vanilla Shortbread Biscuit 679625
Fresh Fruit <b>NO DAILY SALAD BAR</b>					

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### DATES

12 JAN / 02 FEB  
02 MAR / 23 MAR /

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## ALLERGY AWARE MENU

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WEEK 1  
WEEK 2  
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	BBQ Glazed Chicken with Steamed Rice 679766	Beef Bolognese with GF Pasta 679407	Roast Chicken with Steamed Potatoes & Gravy 688402	DF/GF BBQ Chicken Pizza 679659	DF/GF Chicken & Sweetcorn Pizza 688347
<b>VEGGIE</b>	Roasted Vegetable Ragu & Wedges 681061	DF/GF Cheesy Pasta 679533	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheese & Tomato Pizza 670572	Jacket Potato with Baked Beans & DF Cheese 681015
<b>SIDES</b>	Carrots & Green Beans 684015	Mixed Green Salad 630035	Roasted Carrots & Parsnips 640464	Homemade Potato Wedges & Green Salad 640452	Beans or Peas 640466
<b>PASTA &amp; JACKET</b>	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Pasta 679533
<b>PUD</b>	AA Vanilla Cake 679611	Fruit Jelly 630866	AA Lemon Cake 679656	AA Lemon Cake 679656	GF Vanilla Shortbread Biscuit 679625
Fresh Fruit <b>NO DAILY SALAD BAR</b>					

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### DATES

19 JAN / 09 FEB  
09 MAR /

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