

Before sending out special diet menus, please read the below:

- 1. It is up to the cooks to still check all products and packaging to ensure that children are safe to eat the recipes – allergens may change.**
- 2. All special diet menus have been produced using the Bidfood products highlighted on the recipe. Please double check all products coming in, and remove from the menu if necessary.**
- 3. All meat products (burgers, sausages, meatballs, sausage plait) have been removed from the menu as they are usually purchased from the local butchers - if they are free of the stated allergen, you are free to add them back onto the menu.**
- 4. Please double check all menus, and get back to us with queries.**
- 5. The nutrition team will ensure that everyday has at least one main option, which if neither option is suitable, is likely to be jacket potato with beans. You are free to change dishes or fill in any blank spaces using the recipes on The Vine. If you have any queries about whether a recipe is suitable, please contact the Nutrition team.**
- 6. You are allowed to freeze NGCI desserts, so that you are not making one or two portions each day.**
- 7. Some recipes have written instructions on to make them allergen free (e.g. Five Bean Chilli (No Cumin)). This is to give allergy children more choice but please remove these from menu if you don't feel confident that your cook has the capability or time to make these individual adjustments to a recipe.**
- 8. For the concept days, an example meal has been created for each concept that suits the allergies listed. For any queries, please contact the Nutrition Team.**

Allergy/Intolerance Menu

Allergy/Intolerance: Free of 14 EU Allergens (Except Fish)
 Child Name / Area: WHF
 Dates / Term: Spring Summer 2023 Implementation Date if required: _____

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
17 April 8 May 5 June 26 June 17 July 28 August 18 September 9 October	Option 1	Vegetable Hotpot with New Potatoes #V41 #SD2	Chicken Pie with Mashed Potato Top #C70	Roast chicken, Roast Potatoes & Gravy #C1 #SD7 #SD82 #SD118	BBQ Chicken with Jollof Rice (No Sweetcorn Salsa) #QB6 #QB1	NGCI Fishfingers with Chips & Tomato Sauce #NGC15 #SD5 #SD14
	Option 2 (if there is a choice)	Jacket Potato with Beans, Tuna or Vegan Sheese #SD55 #V216 #F17 #SD22 (No Mayonnaise)	Vegan Meatballs Tomato Sauce with Rice #V163 #V121 #SD84	Parsnip and Sweet Potato Loaf with Roast Potatoes and Gravy #TD56 #SD82 #SD118	Jollof Rice with Five Beans #QB7	Vegan Sausage with Chips #V182 #SD5
	Vegetables	Mixed Salad #SD25 Sweetcorn #SD19	Sliced Carrot & Cucumber Sticks	Cabbage & Cauliflower	Sweetcorn & Green Beans	Peas #SD18 Baked Beans #SD22
	Dessert	NGCI Syrup Snap Biscuit #NGC130	Fruit Jelly with Mandarins #D217	Freshly Chopped Fruit Salad	NGCI Italian Vanilla Cake #NGC111	NGCI Vanilla Shortbread #NGC16
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
24 April 15 May 12 June 3 July 24 July 4 September 25 September 16 October	Option 1	Cottage Pie #B9	Summer Butterbean Risotto #V133	Roast chicken, Roast Potatoes & Gravy #C1 #SD7 #SD82 #SD118	Lightly Spiced Chicken Jollof Rice #C84	NGCI Fishfingers with Chips & Tomato Sauce #NGC15 #SD5 #SD14
	Option 2 (if there is a choice)	Jacket Potato with Beans, Tuna or Vegan Sheese #SD55 #V216 #F17 #SD22 (No Mayonnaise)	Vegan Sausage with Potato Wedges #V182 #SD6	Parsnip and Sweet Potato Loaf with Roast Potatoes and Gravy #TD56 #SD82 #SD118	Jacket Potato with Beans, Tuna or Vegan Sheese #SD55 #V216 #F17 #SD22 (No Mayonnaise)	Devils Kitchen Southern Style Patty with Chips #V164 #SD5
	Vegetables	Peas #SD18 Green Beans #SD24	Baked Beans #SD22 Peas #SD18	Broccoli #SD20 Carrots #SD28	Roasted Peppers #SD26 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
	Dessert	NGCI Italian Vanilla Cake #NGC111	NGCI Italian Chocolate Cake #NGC112 with Pears (No Custard)	NGCI Vanilla Shortbread #NGC16	NGCI Crumble Topping #NGC115 with Peach Filling	NGCI Chocolate Cake #NGC112
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
1 May 22 May 19 June 10 July 11 September 2 October	Option 1	Chicken Arrabiatta with Jacket Potato or Rice #C41 #SD55 #SD84	Beef Bolognese #B2 with Rice or Jacket Potato #SD55 #SD84	Roast Chicken, Roast Potatoes (No Stuffing) & Gravy #C1 #SD7 #SD82 #SD118	Jerk Chicken with Potato Wedges #C17 #SD6	NGCI Fishfingers with Chips & Tomato Sauce #NGC15 #SD5 #SD14
	Option 2 (if there is a choice)	Jacket Potato with Beans, Tuna or Vegan Sheese #SD55 #V216 #F17 #SD22 (No Mayonnaise)	Tomato Butterbean Arrabiatta with Rice or Jacket Potato #V188 #SD55 #SD84	Plant Sausage with Roast Potatoes and Gravy #V182 #SD7/#SD82 #SD118	Ratatouille with Vegan Sheese and Potato Wedges #TD11 #V216 #SD6	Jacket Potato with Beans, Tuna or Vegan Sheese #SD55 #V216 #F17 #SD22 (No Mayonnaise)
	Vegetables	Sweetcorn #SD19 Carrots #SD28	Peas #SD18 Green Beans #SD24	Sprouts #SD64 Carrot & Swede Mash #SD53	Fresh Salad Rainbow Slaw #SD92	Peas #SD18 Baked Beans #SD22
	Dessert	NGCI Italian Vanilla Cake #NGC111	NGCI Banana Cake #NGC129	Freshly Chopped Fruit Salad	NGCI Chocolate Shortbread #NGC17	Fruit Jelly with Peaches

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@caterlinkfd.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 their meal.