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.**

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.**
- *Any allergens present are clearly highlighted in* **RED** *on the menu.*
- *If a pupil has a food allergy or intolerance to* **FISH.** *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

Chartwells Schools

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

Internal

AUTUMN/ WINTER 2026

ARE YOU ALLERGEN AWARE?

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 MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza *93174975* with SD Pasta *93315913*	Jerk Chicken *93107075* with Rice and Peas *93065662*	Roast Chicken *93037054* with Roast Potatoes *93035127* and Gravy *93034775*	Yellow Vegetable Curry *93152367* with Wholegrain Rice *93035026*	SD Fish Fillet CONTAINS FISH *93166795* with Chips *93040525*
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD Frozen Fruit Smoothie *93166797/ 93166798*	SD Vanilla Crispie *93161371*	Raspberry Jelly *93290177*	SD Chocolate Crispie *93158451*	Apple, Banana or Orange *93041624/ 93041625/ 93065473*

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

ONLY SERVE WHAT IS ON THIS MENU!

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ARE YOU ALLERGEN AWARE?

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 MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza *93174975* with SD Pasta *93315913*	SD Chicken Burger *93170396* with Herby Diced Potatoes *93426646*	Roast Pork *93173431* with Mashed Potato *93046790* and Gravy *93034775*	SD Tomato Pasta *93171286*	SD Fish Fillet CONTAINS FISH *93166795* with Chips *93040525*
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD Frozen Fruit Smoothie *93166797/ 93166798*	SD Chocolate Crispie *93158451*	SD Vanilla Crispie *93161371*	SD Berry Crispie *93158452*	Apple, Banana or Orange *93041624/ 93041625/ 93065473*

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

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ARE YOU ALLERGEN AWARE?

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 MEAT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza *93174975* with SD Pasta *93315913*	SD Tomato Pasta *93171286*	Roast Chicken *93037054* with Mashed Potato *93046790* and Gravy *93034775*	SD Butter Chicken *93238789* with Wholegrain Rice *93035026*	SD Fish Fillet CONTAINS FISH *93166795* with Chips *93040525*
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	Strawberry Jelly *93290175*	SD Frozen Fruit Smoothie *93166797/ 93166798*	SD Banana Oat Bite *93170398*	SD Chocolate Crispie *93158451*	Apple, Banana or Orange *93041624/ 93041625/ 93065473*

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

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