

# Abbey Primary School

## ALLERGY AWARE MENU

Suitable for pupils with allergies within the 14 EU

WEEK 1  
WEEK 2  
WEEK 3



Please note  
AA in a dish name  
refers to **Allergy  
Aware**

|                           | MONDAY                                              | TUESDAY                                              | WEDNESDAY                                                       | THURSDAY                                             | FRIDAY                                             |
|---------------------------|-----------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|
| <b>MAIN</b>               | Stir Fried Chickpeas & Vegetables<br>738549         | AA Sweet & Sour Chicken<br>688408                    | Roast Chicken & Gravy<br>630301                                 | DF/GF BBQ Chicken Pizza<br>679659                    | GF Fish Fingers & Chips<br>694767                  |
|                           |                                                     |                                                      |                                                                 |                                                      | <b>CONTAINS FISH</b>                               |
| <b>VEGGIE</b>             | Roasted Vegetable & Bean Casserole<br>744860        | Sweet & Sour Roasted Vegetables<br>744964            | AA Vegetable Biryani<br>783762                                  | DF/GF Cheese & Tomato Pizza<br>670572                | Veggie Kebab with Homemade Potato Wedges<br>783740 |
| <b>SIDES</b>              | Steamed Rice with Sweetcorn & Green Beans<br>782764 | Steamed Rice & Green Beans<br>640417                 | Rustic Roast Potatoes & Medley of Seasonal Vegetables<br>689911 | Homemade Potato Wedges & Baked Beans<br>640468       | Baked Beans or Peas<br>640466                      |
| <b>PASTA &amp; JACKET</b> | GF Tomato & Basil Pasta<br>681142                   | Jacket Potato with Baked Beans & DF Cheese<br>681015 | DF/GF Cheesy Tomato Pasta<br>679533                             | Jacket Potato with Baked Beans & DF Cheese<br>681015 | GF Vegan Roasted Vegetable Pasta<br>679595         |
| <b>PUD</b>                | AA Vanilla Cake<br>679611                           | AA Chocolate Cake<br>679600                          | GF Vanilla Shortbread Biscuit<br>679625                         | AA Lemon Cake<br>679656                              | AA Vanilla Cake<br>679611                          |
|                           | Fresh Fruit<br><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

31 AUG / 21 SEP  
12 OCT / 09 NOV / 30 NOV

### STOP AND THINK!

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



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|                                          | MONDAY                                               | TUESDAY                                           | WEDNESDAY                                            | THURSDAY                                   | FRIDAY                                               |
|------------------------------------------|------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|--------------------------------------------|------------------------------------------------------|
| <b>MAIN</b>                              | DF/GF Cheesy Tomato Pasta<br>679533                  | AA Chicken Curry<br>679503                        | Lightly Spiced Chicken<br>744554                     | Beef Bolognese with GF Pasta<br>679407     | GF Fish Fingers & Chips<br>694767                    |
|                                          |                                                      |                                                   |                                                      |                                            | <b>CONTAINS FISH</b>                                 |
| <b>VEGGIE</b>                            | DF/GF Cheesy Tomato Pasta<br>679533                  | AA Vegetable Curry<br>679516                      | Lightly Spiced 'Plant Based' Chickn<br>744561        | GF Pasta with Homemade Pesto<br>681300     | Lightly Spiced 'Plant Based' Chickn<br>744561        |
| <b>SIDES</b>                             | Peas & Sweetcorn<br>644291                           | Steamed Rice with Carrots & Green Beans<br>782944 | Paprika Diced Potatoes & Sweetcorn<br>744607         | Broccoli<br>733771                         | Homemade Potato Wedges & Baked Beans<br>640468       |
| <b>PASTA &amp; JACKET</b>                | Jacket Potato with Baked Beans & DF Cheese<br>681015 | GF Tomato & Basil Pasta<br>681142                 | Jacket Potato with Baked Beans & DF Cheese<br>681015 | GF Vegan Roasted Vegetable Pasta<br>679595 | Jacket Potato with Baked Beans & DF Cheese<br>681015 |
| <b>PUD</b>                               | AA Vanilla Cake<br>679611                            | GF Chocolate Shortbread Biscuit<br>670576         | AA Vanilla Cake<br>679611                            | AA Jam Sponge<br>783751                    | Fruit Jelly<br>630866                                |
| Fresh Fruit<br><b>NO DAILY SALAD BAR</b> |                                                      |                                                   |                                                      |                                            |                                                      |

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### DATES

07 SEP / 28 SEP  
19 OCT / 16 NOV / 07 DEC

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|                           | MONDAY                                               | TUESDAY                                      | WEDNESDAY                                                       | THURSDAY                                            | FRIDAY                                               |
|---------------------------|------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------|
| <b>MAIN</b>               | DF/GF Cheesy Tomato Pasta<br>679533                  | GF/DF Chicken & Tomato Basil Pasta<br>680377 | Roast Chicken & Gravy<br>630301                                 | AA Chicken Curry<br>679503                          | GF Fish Fingers & Chips<br>694767                    |
|                           |                                                      |                                              |                                                                 |                                                     | <b>CONTAINS FISH</b>                                 |
| <b>VEGGIE</b>             | GF Pasta with Homemade Pesto<br>681300               | GF Vegan Roasted Vegetable Pasta<br>679595   | Roasted Root & Mixed Bean Vegetable Stew<br>680544              | AA Sweet Potato, Chickpea & Coconut Curry<br>680490 | DF/GF Cheese & Tomato Pizza with Chips<br>681035     |
| <b>SIDES</b>              | Broccoli<br>733771                                   | Peas & Sweetcorn<br>644291                   | Rustic Roast Potatoes & Medley of Seasonal Vegetables<br>689911 | Rice & Peas<br>641217                               | Baked Beans or Peas<br>640466                        |
| <b>PASTA &amp; JACKET</b> | Jacket Potato with Baked Beans & DF Cheese<br>681015 | DF/GF Cheesy Tomato Pasta<br>679533          | Jacket Potato with Baked Beans & DF Cheese<br>681015            | GF Tomato & Basil Pasta<br>681142                   | Jacket Potato with Baked Beans & DF Cheese<br>681015 |
| <b>PUD</b>                | Fruit Jelly<br>630866                                | AA Vanilla Cake<br>679611                    | GF Chocolate Shortbread Biscuit<br>670576                       | Fresh Fruit<br>638179                               | AA Berry Sponge<br>783748                            |
|                           | Fresh Fruit<br><b>NO DAILY SALAD BAR</b>             |                                              |                                                                 |                                                     |                                                      |

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### DATES

14 SEP / 05 OCT  
02 NOV / 23 NOV / 14 DEC

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