

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.**

Allergy/Intolerance Menu

Allergy/Intolerance: Milk Free
 Child Name / Area: Central
 Dates / Term: AW Central 2022 - Option A Implementation Date if required: _____

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1		Jacket Potato with Baked Beans or Tuna Mayonnaise (No Cheese)	Roast of the Day with Stuffing, Roast Potatoes and Gravy #SD7 #SD82 #SD40 #SD118	Beef or Vegan Burger #BB1, #V144 (No Piri Piri Chicken) with Crushed Nachos, Tomato Salsa, Cucumber and Grilled Onions #BB5 #BB17 #PL11 #BB6 #SD17 and Potato Wedges #SD6	Fishfingers/ Salmon Fishfingers with Chips #F6 / #F1 #SD5
	Option 2 (if there is a choice)	Tomato Pasta #V188 #SD11	Aubergine and Potato Curry with Rice #V209 #SD84	Crunchy Top Veg Bake with Roast Potatoes #V193 #SD7 #SD82 #SD118		
	Vegetables	Cauliflower #SD27	Peas #SD18	Carrot & Swede Mash #SD53	Sweetcorn #SD19	Peas #SD18
		Green Beans #SD24	Sweetcorn #SD19	Cabbage #SD35	Roasted Peppers #SD26	Baked Beans #SD22
	Dessert	Pear and Chocolate Crumble (No Custard) #D142	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Seasonal Root Cake #D211	Vanilla Shortbread #D57
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	Plain Pasta with Tomato Sauce #V121 #SD11 with a choice of: Cajun Chicken, Sweetcorn Salsa, BBQ Beans or Garlic Mushrooms (No Sausage) #MC2 #QB3 #MC8 #MC5	Cajun Chicken with Rice #C10 #SD84	Vegan Sausage, Onions and Gravy with Roast Potatoes and Onions #V182 #SD7 #SD82 #SD118 #SD116	Spaghetti Bolognese with Garlic Bread #B37 #SD8 #SD50	Fishfingers with Chips #F6 #SD5
	Option 2 (if there is a choice)		Chickpea and Apricot Tagine with Couscous #V140 #SD73	Jacket Potato with Baked Beans or Tuna Mayonnaise (No Cheese)	Vegetable Fajitas with Rice #V211 #SD84	Mexican Roll with Chips #V161 #SD5
	Vegetables	Peas #SD18	Broccoli #SD20	Carrots #SD28	Green Beans #SD24	Peas #SD18
		Carrots #SD28	Sweetcorn #SD19	Brussel Sprouts #SD64	Roasted Butternut Squash #SD31	Baked Beans #SD22
	Dessert	Raspberry Jelly with Mandarins #D217	Chocolate Drizzle Cake #D198	Fresh Fruit (No Yoghurt)	Apple & Blackberry Roll (No Custard) #D218	Oaty Cookie #D85
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1		Sausage Roll with Potato Wedges #P19 #SD6	Quirky Bird: Peri-Peri Chicken, or Quorn, Lemon & Herb Chicken #QB13 #QB11 #QB8 with Jollof Rice or Potato Wedges and Watermelon Mint Salad #QB1 #QB4 #SD6	Sticky Chicken Noodles #C87	Fishfingers with Chips #F6 #SD5
	Option 2 (if there is a choice)	Veggie Chili with Rice #V138 #SD84	Veggie Sausage with Potato Wedges #V182 #SD6		Chinese Vegetable Curry with Rice #V212 #SD84	
	Vegetables	Green Beans #SD24	Baked Beans #SD22	Cauliflower #SD27	Broccoli #SD20	Mushy Peas #SD111
		Carrots #SD28	Sweetcorn #SD19	Peas #SD18	Carrots #SD28	Baked Beans #SD22
	Dessert	Marble Cake #D199	Chocolate Cookie #D40	Fresh Fruit (No Yoghurt)	Banana Sponge (No Custard) #D173	Apple and Crackers (No Cheese) #D4

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 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.

Allergy/Intolerance Menu

Allergy/Intolerance: 0
 Child Name / Area: Central
 Dates / Term: AW Central 2022 -Option A Implementation Date if required: _____

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	Cheesy Swirl with New Potatoes #V27 #SD2	Chicken Curry with Rice #C86 #SD84	Roast of the Day with Stuffing, Roast Potatoes and Gravy #SD7 #SD82 #SD40 #SD118	Beef or Vegan Burger #BB1, #V164 (No Piri Piri Chicken) with Crushed Nachos, Tomato Salsa, Cheese and Grilled Onions #BB5 #BB17 #BB4 #BB6 #SD17 and Potato Wedges #SD6	Fishfingers/ Salmon Fishfingers with Chips #F6 / #F1 #SD5
	Option 2 (if there is a choice)	Tomato Pasta #V188 #SD11	Aubergine and Potato Curry with Rice #V209 #SD84	Crunchy Top Veg Bake with Roast Potatoes #V193 #SD7 #SD82 #SD118		Cheese Omelette with Chips #V24 #SD5
	Vegetables	Cauliflower #SD27	Peas #SD18	Carrot & Swede Mash #SD53	Sweetcorn #SD19	Peas #SD18
		Green Beans #SD24	Sweetcorn #SD19	Cabbage #SD35	Roasted Peppers #SD26	Baked Beans #SD22
	Dessert	Pear and Chocolate Crumble with Custard #D142 #D2	Yoghurt & Raisin Cake #D172	Fresh Fruit and Yoghurt Station	Seasonal Root Cake #D211	Vanilla Shortbread #D57
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	Mac and Cheese Station: Mac & Cheese #V11 or #MC10 with a choice of: Cajun Chicken, Sweetcorn Salsa, BBQ Beans or Garlic Mushrooms (No Sausage) #MC2 #QB3 #MC8 #MC5	Cajun Chicken with Rice #C10 #SD84	Vegan Sausage, Onions and Gravy with Roast Potatoes and Onions #V182 #SD7 #SD82 #SD118 #SD116	Spaghetti Bolognese (No Garlic Bread) #B37 #SD8	Fishfingers with Chips #F6 #SD5
	Option 2 (if there is a choice)		Chickpea and Apricot Tagine with Rice (No Couscous) #V140 #SD84		Vegetable Fajitas with Rice #V211 #SD84	Mexican Roll with Chips #V161 #SD5
	Vegetables	Peas #SD18	Broccoli #SD20	Carrots #SD28	Green Beans #SD24	Peas #SD18
		Carrots #SD28	Sweetcorn #SD19	Brussel Sprouts #SD64	Roasted Butternut Squash #SD31	Baked Beans #SD22
	Dessert	Raspberry Jelly with Mandarins #D217	Chocolate Drizzle Cake #D198	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard #D218 #D2	Oaty Cookie #D85
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1		Sausage Roll with Potato Wedges #P19 #SD6	Quirky Bird: Peri-Peri Chicken, or Quorn, #QB13 #QB11 with Jollof Rice or Potato Wedges and Watermelon Mint Salad #QB1 #QB4 #SD6	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Fishfingers with Chips #F6 #SD5
	Option 2 (if there is a choice)	Veggie Chili with Rice #V138 #SD84	Veggie Sausage with Potato Wedges #V182 #SD6			Cheese Quiche with Chips #V113 #SD5
	Vegetables	Green Beans #SD24	Baked Beans #SD22	Cauliflower #SD27	Broccoli #SD20	Mushy Peas #SD111
		Carrots #SD28	Sweetcorn #SD19	Peas #SD18	Carrots #SD28	Baked Beans #SD22
	Dessert	Marble Cake #D199	Chocolate Cookie #D40	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard #D173 #D2	Apple, Cheese and Crackers #D4

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