

# Elmstead Wood 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>	Smokey BBQ Chicken 782709	Beef Bolognese with GF Pasta 679407	Roast Chicken & Gravy 630301	DF/GF BBQ Chicken Pizza 679659	GF Fish Fingers & Chips 694767
					<b>CONTAINS FISH</b>
<b>VEGGIE</b>	Smokey BBQ Pulled Jackfruit 782758	GF Vegan Roasted Vegetable Pasta 679595	Roasted Root & Mixed Bean Vegetable Stew 680544	DF/GF Cheese & Tomato Pizza 670572	Mexican Veggie Beans & Chips 783815
<b>SIDES</b>	Steamed Rice with Sweetcorn & Green Beans 782764	Carrots & Broccoli 746842	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Homemade Potato Wedges & Baked Beans 640468	Baked Beans or Peas 640466
<b>PASTA &amp; JACKET</b>	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Tomato Pasta 679533	Jacket Potato with Baked Beans & DF Cheese 681015	GF Vegan Roasted Vegetable Pasta 679595
<b>PUD</b>	AA Vanilla Cake 679611	GF Apple Crumble 688416	GF Vanilla Shortbread Biscuit 679625	Fruit Jelly 630866	AA Vanilla Cake 679611
	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

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 Beef Pasta 783795	AA Chicken Curry 679503	Roast Chicken & Gravy 630301	Beef Bolognese with GF Pasta 679407	DF/GF Meat Feast Pizza 679672
<b>VEGGIE</b>	DF/GF Cheesy Tomato Pasta 679533	AA Vegetable Curry 679516	Jacket Potato with Baked Beans & DF Cheese 681015	GF Pasta with Homemade Pesto 681300	DF/GF Cheese & Tomato Pizza 670572
<b>SIDES</b>	Peas & Sweetcorn 644291	Steamed Rice with Carrots & Green Beans 782944	New Potatoes & Carrots 783046	Broccoli 733771	Homemade Potato Wedges & Baked Beans 640468
<b>PASTA &amp; JACKET</b>	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015
<b>PUD</b>	AA Vanilla Cake 679611	GF Chocolate Shortbread Biscuit 670576	GF Apple Crumble 688416	AA Jam Sponge 783751	Fruit Jelly 630866
Fresh Fruit <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>	GF/DF Chicken & Tomato Basil Pasta 680377	AA Chicken Curry 679503	Roast Chicken & Gravy 630301	Bunless Homemade Beef Burger 670554	GF Fish Fingers & Chips 694767 <b>CONTAINS FISH</b>
<b>VEGGIE</b>	GF Vegan Roasted Vegetable Pasta 679595	AA Vegetable Curry 679516	Roasted Root & Mixed Bean Vegetable Stew 680544	Bunless Spinach & Chickpea Burger 679531	DF/GF Cheese & Tomato Pizza with Chips 681035
<b>SIDES</b>	Broccoli 733771	Steamed Rice & Sweetcorn 640985	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Homemade Potato Wedges & Baked Beans 640468	Baked Beans or Peas 640466
<b>PASTA &amp; JACKET</b>	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Tomato Pasta 679533	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015
<b>PUD</b>	AA Berry Sponge 783748	AA Vanilla Cake 679611	GF Chocolate Shortbread Biscuit 670576	GF Winter Berry Crumble 738521	AA Berry Sponge 783748
Fresh Fruit <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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