



Allergy Aware Packed Lunch

Spring Summer 2023


THIS MENU CONTAINS **SULPHITES**

If a pupil has a food allergy or intolerance to **SULPHITES**, they should be provided with the alternative meal or dessert choice for that day

All allergens warning are shown in **RED**

NOTE: All special diet recipes will be noted with 'SD' in front of the recipe. If 'SD' is stated, please ensure you are following the special diet recipe of the dish.

This menu contains standard and FFL recipes (where applicable). If selector recipes have been used, please refer to the allergy aware selector menu to align to school's menu. If using a different meat that has not been featured on the allergy aware menus (applicable to those following FFL or Halal) please cross check the allergens to ensure no additional allergens are present.



Closely aligned to
the school offer as
much as possible!



Suitable for
pupils with
allergies or
intolerances to
the 14 legal
allergens





STOP AND THINK!

Have you completed the double checking confirmation sheet?

ALLERGY AWARE PACKED LUNCH WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Rolls/ Wraps	SD Ham Roll/Wrap 93178586/93174783/93176565/93240961				
	SD Vegan Cheese Roll/Wrap 93178597/93204305				
	SD Chicken Salad Roll/ Wrap 93178640/93172044/93172056/ 93179076				
Veg	Mixed Crudites 93232012				
Fruit	Apple/Orange/Banana/Fruit Slices 93041624/93065473/93041625/93040542				
Drink	Tap Water / Orange Juice and Water (50/50) / Apple Juice and Water (50/50) 93167870/ 93167871				
Dessert	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798	SD Chocolate Brownie* CONTAINS SULPHITES 93196787 with SD Chocolate Custard 93176566	Strawberry Jelly 93113651 with Fruit Slices 93040542	SD Orange and Sultana Crispie CONTAINS GF BARLEY MALT EXTRACT 93177935	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				
Alternative Dessert	Strawberry Bear Yo Yo 93168598				

ONLY SERVE WHAT IS ON THIS MENU

SD – SPECIAL DIET RECIPE

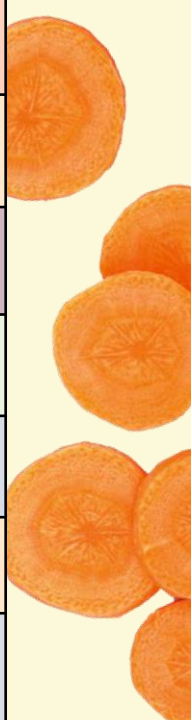
Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93232823)

NO FRESHLY BAKED BREAD, SALAD BAR, STANDARD YOGHURT OR STANDARD COLESLAW

ONLY SERVE ONE DESSERT OPTION PER DAY

***ONLY USE DR. OETKER GLUTEN FREE BAKING POWDER 170G (VMC 188022)
DO NOT USE DR. OETKER GLUTEN FREE BAKING POWDER 500G (VMC 131178)**

SPRING/SUMMER 2023





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**ALLERGY AWARE
 PACKED LUNCH
 WEEK 2**

Monday

Tuesday

Wednesday

Thursday

Friday

Rolls/ Wraps	SD Ham Roll/Wrap 93178586/93174783/93176565/93240961				
	SD Vegan Cheese Roll/Wrap 93178597/93204305				
	SD Chicken Salad Roll/ Wrap 93178640/93172044/93172056/ 93179076				
Veg	Mixed Crudites 93232012				
Fruit	Apple/Orange/Banana/Fruit Slices 93041624/93065473/93041625/93040542				
Drink	Tap Water / Orange Juice and Water (50/50) / Apple Juice and Water (50/50) 93167870/ 93167871				
Dessert	SD Crunchy Chocolate Biscuit* CONTAINS GF OATS 93219823 with Fruit Slices 93040542	Orange Jelly 93156773	SD Banana and Chocolate Marble Cake* CONTAINS SULPHITES 93220749	SD Flapjack CONTAINS GF OATS 93165520 with Fruit Slices 93040542	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				
Alternative Dessert	Strawberry Bear Yo Yo 93168598				

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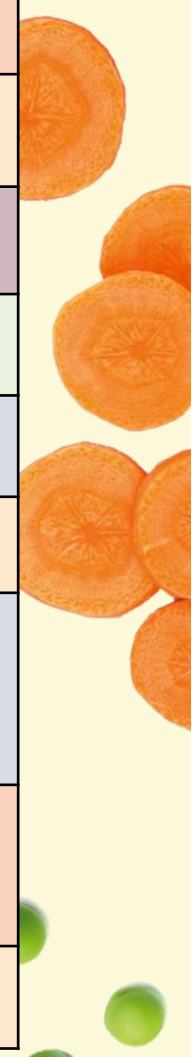
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**ALLERGY AWARE
 PACKED LUNCH
 WEEK 3**

Monday

Tuesday

Wednesday

Thursday

Friday

Rolls/ Wraps	SD Ham Roll/Wrap 93178586/93174783/93176565/93240961				
	SD Vegan Cheese Roll/Wrap 93178597/93204305				
	SD Chicken Salad Roll/ Wrap 93178640/93172044/93172056/ 93179076				
Veg	Mixed Crudites 93232012				
Fruit	Apple/Orange/Banana/Fruit Slices 93041624/93065473/93041625/93040542				
Drink	Tap Water / Orange Juice and Water (50/50) / Apple Juice and Water (50/50) 93167870/ 93167871				
Dessert	SD Mango and Orange or SD Strawberry Smoothie 93166797/ 93166798	SD Flapjack CONTAINS GF OATS 93165520	SD Chocolate Brownie* CONTAINS SULPHITES 93196787	SD Pineapple Upside Down Cake* CONTAINS SULPHITES 93220747 with SD Rice Milk Custard 93166606	SD Chocolate Milkshake 93219822 with SD Shortbread Biscuit 93221990
Alternative Dessert	Fresh Fruit 93232823 with SD Coconut Yoghurt 93200113				
Alternative Dessert	Strawberry Bear Yo Yo 93168598				

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 SD – SPECIAL DIET RECIPE**

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