

Allergy/Intolerance Menu

Allergy/Intolerance:

Milk Free

Child Name / Area:

GCC Central Menu

Dates / Term:

Spring Summer 2023

Implementation Date if required:

Dates	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
17/04 08/05 05/06 26/06 17/07 11/09 02/10 23/10	Option 1		Beef Bolognaise with Rice and Garlic Bread #B2 #SD84 #SD50	Roast Chicken, Roast Potatoes & Gravy #C4 #SD7 #SD82 #SD118	Minced Beef & Onion Pie with New Potatoes #B45 #SD2	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Vegan Meatballs with Tomato Sauce & Rice #V163 #V225 #SD84	Five Bean Chilli with Rice #V138 #SD84	Vegan Sausage with Roast Potatoes & Gravy #V182 #SD7 #SD82 #SD118	Vegan Spaghetti Bolognaise #V169 #SD8	Vegan Sausage with Chips & Tomato Sauce #V182 #SD5 #SD14
	Option 3	Jacket Potato with Baked Beans, Tuna Mayonnaise or Vegan Sheese (No Cheese) #SD55 #SD22 #F11 #V216				
	Vegetables	Carrots #SD28	Peas #SD18	Cauliflower #SD27	Broccoli #SD20	Peas #SD18
		Green Beans #SD24	Broccoli #SD20	Carrots #SD28	Sweetcorn #SD19	Baked Beans #SD22
	Dessert	Vanilla Shortbread #D57	Sticky Toffee Apple Crumble (No Custard) #D72	Fruit Jelly with Mandarins #D217	Vanilla Sponge (No Custard) #D193	Chocolate Shortbread #D80
Dates	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
24/04 15/05 12/06 03/07 24/07 18/09 09/10	Option 1	NGCI Pasta Bake with Vegan Sheese #NGCI97	Pork Sausage with Mashed Potato & Tomato Relish #P3 #SD1 #BB16	Roast Turkey with Stuffing, Roast Potatoes & Gravy #T1 #SD40 #SD7 #SD82 #SD118		Salmon Fish Fingers/ Fish Fingers with Chips & Tomato Sauce #F1 #F6 #SD5 #SD14
	Option 2		Jollof Rice with Five Beans #QB7	Vegetable Wellington with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD118	Vegan Sheese Pizza with New Potatoes #V219 #SD2	Beetroot Burger with Chips & Tomato Sauce #BB3 #SD5 #SD14
	Option 3	Jacket Potato with Baked Beans, Tuna Mayonnaise or Vegan Sheese (No Cheese) #SD55 #SD22 #F11 #V216				
	Vegetables	Broccoli #SD20	Cauliflower #SD27	Carrots #SD28	Green Beans #SD24	Peas #SD18
		Peas #SD18	Sweetcorn #SD19	Broccoli #SD20	Carrots #SD28	Baked Beans #SD22
	Dessert	Lemon & Cucumber Sponge #D184	Marble Sponge (No Custard) #D199	Oaty Cookie #D85	Peach Crumble (No Custard) #D19	Apple & Crackers (No Cheese) #D4
Dates	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
01/05 22/05 19/06 10/07 04/09 25/09 16/10	Option 1	Chinese Vegetable Noodles #V215	Spaghetti Bolognaise #B37 #SD8	Roast Gammon with Roast Potatoes & Gravy #P5 #SD7 #SD82 #SD118	Mexican Chicken with Rice #NGCI36 #SD84	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Vegan Sausages with Mashed Potato & Gravy #V182 #SD1 #SD118	Lentil & Sweet Potato Curry with Rice #V108 #SD84	Vegan Quorn with Roast Potatoes & Gravy #V204 #SD7 #SD82 #SD118	Vegan Sheese Pizza with Potato Wedges #V219 #SD6	Vegan Sausage with Chips & Tomato Sauce #V182 #SD5 #SD14
	Option 3	Jacket Potato with Baked Beans, Tuna Mayonnaise or Vegan Sheese (No Cheese) #SD55 #SD22 #F11 #V216				
	Vegetables	Carrots #SD28	Broccoli #SD20	Cauliflower #SD27	Carrots #SD28	Peas #SD18
		Peas #SD18	Sweetcorn #SD19	Peas #SD18	Broccoli #SD20	Baked Beans #SD22
	Dessert	Peaches (No Ice Cream) #D166	Pear & Chocolate Upside Down Cake (No Custard) #D207	Apple Flapjack #D171	Banana Sponge (No Custard) #D173	Fruity Shortbread #D96

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@caterlinkltd.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.