

Lyndhurst Primary School

ALLERGY AWARE MENU

Suitable for pupils with allergies within the 14 EU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	AA Vegetable Curry 679516	Bunless Homemade Beef Burger 670554	Roast Chicken & Gravy 630301	AA Vegetable Curry 679516	DF/GF BBQ Chicken Pizza & Chips 688327
VEGGIE	Roasted Vegetable Bolognese with GF Pasta 681102	Bunless Spinach & Chickpea Burger 679531	Jacket Potato with Baked Beans & DF Cheese 681015	AA Butternut Squash & Spinach Curry 680498	DF/GF Margherita Pizza with Chips 681035
SIDES	AA Rice & Peas with Green Beans 641217	Homemade Potato Wedges & Green Salad 640452	Rustic Roast Potatoes with Roasted Carrots & Parsnips 639149	Steamed Rice & Green Beans 640417	Baked Beans & Peas 640466
PASTA & JACKET	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Pasta 679533
PUD	Fresh Fruit 638179	GF Chocolate Shortbread Biscuit 670576	Fresh Fruit 638179	AA Lemon Cake 679656	Fresh Fruit 638179

Fresh Fruit
NO DAILY SALAD BAR

DATES

05 JAN / 26 JAN
23 FEB / 16 MAR /

STOP AND THINK!

Have you completed the Student Allergen Management Record?

Only serve what is on this menu.

This menu must be used everyday for children with allergies to the 14 EU.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	GF Pasta with Homemade Pesto 681300	Mexican Chicken 630075	Beef & Roasted Vegetable Cottage Pie 680410	Sweet & Sour Chickpeas & Vegetables 681366	BBQ Chicken & Chips 688321
VEGGIE	Roasted Vegetable Bolognese with GF Pasta 681102	Stir Fried Chickpeas & Vegetables with Steamed Rice 681135	Roasted Vegetable & Five Bean Cottage Pie 630140	AA Vegetable Curry 679516	AA Butternut Squash & Spinach Curry 680498
SIDES	Mixed Green Salad 630035	Steamed Rice & Green Beans 640417	Roasted Carrots & Parsnips 640464	Steamed Rice & Green Beans 640417	Beans or Peas 640466
PASTA & JACKET	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Pasta 679533
PUD	Fresh Fruit 638179	GF Chocolate Shortbread Biscuit 670576	Fresh Fruit 638179	AA Lemon Cake 679656	Fresh Fruit 638179
Fresh Fruit NO DAILY SALAD BAR					

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DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

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WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	BBQ Beans with Steamed Rice 667562	Beef Bolognese with GF Pasta 679407	Roast Chicken & Gravy 630301	DF/GF Veggie Supreme Pizza 679590	DF/GF Chicken & Sweetcorn Pizza 688347
VEGGIE	Roasted Vegetable Bolognese with GF Pasta 681102	DF/GF Cheesy Pasta 679533	Roasted Root & Mixed Bean Vegetable Stew 680544	Vegetable Kebab 662187	Jacket Potato with Baked Beans & DF Cheese 681015
SIDES	Carrots & Green Beans 684015	Mixed Green Salad 630035	Rustic Roast Potatoes with Roasted Carrots & Parsnips 639149	Homemade Potato Wedges & Green Salad 640452	Beans or Peas 640466
PASTA & JACKET	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Tomato & Basil Pasta 681142	Jacket Potato with Baked Beans & DF Cheese 681015	DF/GF Cheesy Pasta 679533
PUD	Fresh Fruit 638179	GF Chocolate Shortbread Biscuit 670576	Fresh Fruit 638179	Fruit Jelly 630866	Fresh Fruit 638179
Fresh Fruit NO DAILY SALAD BAR					

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DATES

19 JAN / 09 FEB
09 MAR /

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