

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					

**Only serve
what is on this
menu.**

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

DATES

05 JAN / 26 JAN
23 FEB / 16 MAR /

STOP AND THINK!

Have you completed the Student Allergen Management Record?



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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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