

Lyndhurst 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
MAIN	Stir Fried Chickpeas & Vegetables 738549	Beef Bolognese with GF Pasta 679407	Roasted Vegetable & Five Bean Cottage Pie 630140	GF/DF Chicken & Tomato Basil Pasta 680377	GF Fish Fingers & Chips 694767
					CONTAINS FISH
VEGGIE	Veggie Cottage Pie 684074	Sweet & Sour Roasted Vegetables 744964	AA Vegetable Biryani 783762	Bunless Spinach & Chickpea Burger 679531	Lightly Spiced 'Plant Based' Chickn 744561
SIDES	Steamed Rice with Sweetcorn & Green Beans 782764	Carrots & Broccoli 746842	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Sweetcorn & Carrots 633641	Baked Beans or Peas 640466
PASTA & JACKET	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
PUD	Fresh Fruit 638179	Fresh Fruit 638179	Fresh Fruit 638179	Fresh Fruit 638179	AA Lemon Cake 679656
	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

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
MAIN	DF/GF Cheesy Tomato Pasta 679533	AA Sweet Potato, Chickpea & Coconut Curry 680490	Lightly Spiced Chicken 744555	Beef Bolognese with GF Pasta 679407	BBQ Chicken & Chips 739290
VEGGIE	DF/GF Cheesy Tomato Pasta 679533	GF Vegan Roasted Vegetable Pasta 679595	Jacket Potato with Baked Beans & DF Cheese 681015	GF Pasta with Homemade Pesto 681300	Bunless Spinach & Chickpea Burger with Chips 782962
SIDES	Peas & Sweetcorn 644291	Steamed Rice with Carrots & Green Beans 782944	Paprika Diced Potatoes & Sweetcorn 744607	Broccoli 733771	Baked Beans or Peas 640466
PASTA & JACKET	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
PUD	Fresh Fruit 638179	Fresh Fruit 638179	Fresh Fruit 638179	Fresh Fruit 638179	AA Chocolate Cake 679600
Fresh Fruit NO DAILY SALAD BAR					

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DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	GF Pasta with Homemade Pesto 681300	Beef & Mixed Bean Chilli con Carne 679858	Roasted Vegetable & Five Bean Cottage Pie 630140	AA Vegetable Curry 679516	GF Fish Fingers & Chips 694767
					CONTAINS FISH
VEGGIE	AA Butternut Squash & Spinach Curry 680498	GF Vegan Roasted Vegetable Pasta 679595	AA Vegetable Biryani 783762	DF/GF Cheesy Tomato Pasta 679533	Lightly Spiced 'Plant Based' Chicken 744561
SIDES	Broccoli 733771	Steamed Rice & Broccoli 634220	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Rice & Peas 641217	Baked Beans or Peas 640466
PASTA & JACKET	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
PUD	Fresh Fruit 638179	Fresh Fruit 638179	Fresh Fruit 638179	Fresh Fruit 638179	AA Berry Sponge 783748
	Fresh Fruit NO DAILY SALAD BAR				

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DATES

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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