

ALLERGY AWARE

MEAT – Plymouth Cast

SPRING/SUMMER 2025

This menu is suitable for children with an allergy and/or intolerance within the 14 main EU allergens.

This menu contains **FISH, SOYA & SULPHITES**.

If a pupil has a food allergy or intolerance to **FISH, SOYA OR 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 halal 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.

SPRING/SUMMER 2025 MENU



ALLERGY AWARE MEAT WEEK 1

STOP AND THINK!

Have you completed the double-checking confirmation sheet?

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	Veggie Meatballs in Tomato Sauce 93283682 with SD Pasta CONTAINS SOYA 93163235	BBQ Chicken 93278107 with Rainbow Rice 93276731	Roast Pork 93173431 with Roast Potatoes 93035127 and Gravy 93034775	SD Chicken Burger 93170396 with Potato Wedges 93156646	SD Fish Fillet CONTAINS FISH 93166795 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
	PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
	VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
	DESSERT	Fruits of the Forest Jelly 93290904	SD Chocolate Brownie CONTAINS SULPHITES 93196787	Sliced Fresh Banana 93041625 with SD Coconut Yoghurt 93200113	SD Ginger Biscuit CONTAINS GF OATS 93390215 with Apple Slices 93365817	SD Frozen Smoothie 93166797 / 93166798

**ONLY SERVE WHAT IS ON THIS MENU
SD – SPECIAL DIET RECIPE**

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93041624/ 93065473/ 93041625)
NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL

SPRING/SUMMER 2025 MENU



ALLERGY AWARE MEAT WEEK 2

STOP AND THINK!
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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Macaroni Cheese CONTAINS SOYA & GF OATS 93180465	SD BBQ Chicken Pizza 93315910 with Potato Wedges 93156646	Roast Beef 93035118 with SD Mashed Potato 93194973 and Gravy 93034775	Beef Bolognese CONTAINS SOYA & GF BARLEY MALT EXTRACT 93300541 with SD Pasta CONTAINS SOYA 93163235	SD Fish Fillet CONTAINS FISH 93166795 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
	PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
	VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
	DESSERT	Strawberry Jelly 93290175	SD Banana & Carrot Muffin 93197073	SD Flapjack CONTAINS GF OATS 93165520 with Apple Slices 93365817	SD Lemon Drizzle Sponge CONTAINS SULPHITES 93219994	SD Frozen Smoothie 93166797 / 93166798

ONLY SERVE WHAT IS ON THIS MENU
SD – SPECIAL DIET RECIPE

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93041624/ 93065473/ 93041625)
NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL

SPRING/SUMMER 2025 MENU



ALLERGY AWARE MEAT WEEK 3

STOP AND THINK!

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 NO GARLIC & HERB BREAD	SD Chicken Sausage Hotdog CONTAINS SULPHITES 93388504 with Potato Wedges 93156646	Roast Gammon 93173553 with Roast Potatoes 93035127 and Gravy 93034775	SD Oat Crusted Chicken COTAINS GF OATS 93388506 with Wholegrain Rice 93035026	SD Fish Fillet CONTAINS FISH 93166795 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
	PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
	VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
	DESSERT	SD Flapjack CONTAINS GF OATS 93165520	SD Orange Glazed Sticky Pudding CONTAINS GF OATS 93316120	SD Shortbread 93221990 with Apple Slices 93365817	Raspberry Jelly 93290177	SD Frozen Smoothie 93166797 / 93166798

**ONLY SERVE WHAT IS ON THIS MENU
SD – SPECIAL DIET RECIPE**

Available Daily: Cool Water, SD Coconut Yoghurt (93200113) and Fresh Fruit (93041624/ 93065473/ 93041625)
NO FRESHLY BAKED BREAD, STANDARD YOGHURT OR SALAD BAR

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL