

**AUTUMN/WINTER
2025 MENU**



ALLERGY AWARE – Plymouth Cast

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 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) please cross check the allergens to ensure no additional allergens are present.

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STOP AND THINK!
Have you completed the double-
checking confirmation sheet?



MEAT ALLERGY AWARE WEEK 1

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Veggie Sausage Hotdog ONLY USE VEGAN BREAKFAST SAUSAGE VMC 184529 93241054	Cottage Pie 93227278 and Gravy 93034775	Roast Gammon 93173553 with Roast Potatoes 93035127 and Gravy 93034775	SD Sticky Asian-Style Beef CONTAINS SULPHITES 93390213 with Wholegrain Rice 93035026	SD Fish Fingers 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 MIXED SALAD OR SALAD BAR				
	DESSERT	SD Apple & Cinnamon Sponge CONTAINS SULPHITES 93289524	SD Jam Sponge CONTAINS SULPHITES 93219620	SD Lemon Drizzle Sponge CONTAINS SULPHITES 93219994	SD Apple Crumble CONTAINS GF OATS 93219577 with SD Custard CONTAINS GF OATS 93166606	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, GLUTEN FREE OATS AND GLUTEN FREE BARLEY MALT EXTRACT

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MEAT ALLERGY AWARE WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Bean Burrito 93281952 with Wholegrain Rice 93035026	SD Chicken Sausages CONTAINS SULPHITES 93210873 with Mashed Potato 93046790 and Gravy 93034775	Roast Pork 93173431 with Roast Potatoes 93035127 and Gravy 93034775	SD Chicken and Vegetable Pie 93219715 with Potato Wedges 93156646	SD Fish Fingers 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 MIXED SALAD OR SALAD BAR				
	DESSERT	SD Chocolate Crispie CONTAINS GF BARLEY MALT EXTRACT 93158451	SD Flapjack CONTAINS GF OATS 93165520	SD Chocolate Brownie CONTAINS SULPHITES 93196787	SD Apple & Cinnamon Sponge CONTAINS SULPHITES 93289524 with SD Custard CONTAINS GF OATS 93166606	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, GLUTEN FREE OATS AND GLUTEN FREE BARLEY MALT EXTRACT

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MEAT ALLERGY AWARE WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with Potato Wedges 93156646	SD Meatballs 93219571 with SD Pasta CONTAINS SOYA 93163235	Roast Chicken 93035093 with Mashed Potato 93046790 and Gravy 93034775	SD Chicken and Broccoli Pasta Bake CONTAINS SOYA AND GF OATS 93282240 NO GARLIC & HERB BREAD	SD Fish Fingers 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 MIXED SALAD OR SALAD BAR				
	DESSERT	SD Banana and Chocolate Marble Cake CONTAINS SULPHITES 93220749	SD Orange Glazed Pudding CONTAINS GF OATS 93316120 with SD Custard CONTAINS GF OATS 93166606	SD Shortbread 93221990	SD Chocolate Crispie CONTAINS GF BARLEY MALT EXTRACT 93158451	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, GLUTEN FREE OATS AND GLUTEN FREE BARLEY MALT EXTRACT