Miers Court 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	Smokey BBQ Chicken 782709	Beef Bolognese with GF Pasta 679407	Roast Chicken & Gravy 630301	DF/GF BBQ Chicken Pizza 679659	GF Fish Fingers & Chips 694767 CONTAINS FISH
VEGGIE	Smokey BBQ Pulled Jackfruit 782758	GF Vegan Roasted Vegetable Pasta 679595	Roasted Root & Mixed Bean Vegetable Stew 680544	DF/GF Cheese & Tomato Pizza 670572	Mexican Veggie Beans & Chips 783815
SIDES	Steamed Rice with Sweetcorn & Green Beans 782764	Carrots & Broccoli 746842	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Homemade Potato Wedges & Baked Beans 640468	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	AA Vanilla Cake 679611	GF Apple Crumble 688416	GF Vanilla Shortbread Biscuit 679625	Fruit Jelly 630866	AA Vanilla Cake 679611
	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

02 NOV / 23 NOV
14 DEC /

STOP AND THINK!

Have you completed the Student Allergen Management Record?

Olive dining
food with passion

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	DF/GF Cheesy Beef Pasta 783795	AA Chicken Curry 679503	Lightly Spiced Chicken 744554	Beef Bolognese with GF Pasta 679407	DF/GF Meat Feast Pizza 679672
VEGGIE	DF/GF Cheesy Tomato Pasta 679533	AA Vegetable Curry 679516	Lightly Spiced 'Plant Based' Chickn 744561	GF Pasta with Homemade Pesto 681300	DF/GF Cheese & Tomato Pizza 670572
SIDES	Peas & Sweetcorn 644291	Steamed Rice with Carrots & Green Beans 782944	Paprika Diced Potatoes & Sweetcorn 744607	Broccoli 733771	Homemade Potato Wedges & Baked Beans 640468
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	AA Vanilla Cake 679611	GF Chocolate Shortbread Biscuit 670576	GF Apple Crumble 688416	AA Jam Sponge 783751	Fruit Jelly 630866

Fresh Fruit
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DATES
09 NOV / 30 NOV

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	GF/DF Chicken & Tomato Basil Pasta 680377	Beef & Mixed Bean Chilli con Carne 679858	Roast Chicken & Gravy 630301	AA Chicken Curry 679503	GF Fish Fingers & Chips 694767 CONTAINS FISH
VEGGIE	GF Vegan Roasted Vegetable Pasta 679595	Roasted Vegetable & Mixed Bean Chilli con Carne 681085	Roasted Root & Mixed Bean Vegetable Stew 680544	AA Sweet Potato, Chickpea & Coconut Curry 680490	DF/GF Cheese & Tomato Pizza with Chips 681035
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	AA Berry Sponge 783748	AA Vanilla Cake 679611	GF Chocolate Shortbread Biscuit 670576	GF Winter Berry Crumble 738521	AA Berry Sponge 783748

Fresh Fruit
NO DAILY SALAD BAR

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DATES
16 NOV / 07 DEC

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