

Allergy/Intolerance Menu

Allergy/Intolerance: No Gluten Containing Ingredients (NGCI)
 Child Name / Area: _____
 Dates / Term: GCC Autumn Winter 2023 2024 Implementation Date if required: _____

*Recipe codes are in bold (e.g., F6) however when searching on Sharepoint for recipes, all will start with PRI - e.g., PRIF6

| DATES | WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|---|--|
| 06/11 27/11 18/12 22/01 19/02 11/03 | Option 1 | | C89 BBQ Chicken with SD84 Rice | C4 Roast Chicken with SD7/SD82 Roast Potatoes & SD118 Gravy | NGCI24 NGCI Pasta B2 Beef Bolognese (No Garlic Bread) | NGCI5 NGCI Fish Fingers with SD5 Chips & SD14 Tomato Ketchup |
| | Option 2 | V148 Vegetable Curry with SD84 Rice | V237 Vegan Meatballs in a V225 Tomato Sauce with NGCI24 NGCI Pasta | | V241 Shepherdess Pie | V238 Vegan Sausage with SD5 Chips & SD14 Tomato Ketchup |
| | Option 3 | SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise | SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise | SD55 Jacket Potato with V85 Cheese or F11 Tuna Mayonnaise |
| | Vegetables | SD28 Carrots | SD18 Peas | SD24 Green Beans | SD20 Broccoli | SD18 Peas |
| | | SD24 Green Beans | SD20 Broccoli | SD28 Carrots | SD28 Carrots | SD22 Baked Beans |
| Dessert | NGCI7 NGCI Chocolate Shortbread | NGCI12 NGCI Chocolate Cake with D2 Custard | D235 Strawberry Jelly with Mandarins | NGCI15 NGCI Crumble with Apple Filling and D2 Custard | NGCI7 NGCI Chocolate Shortbread | |
| DATES | WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| 13/11 04/12 08/01 29/01 26/02 18/03 | Option 1 | NGCI45 NGCI Tomato & Vegan Sheese Pasta (Vegan Sheese Contains Gluten Free Oats) | V238 Vegan Sausage with SD1 Mashed Potato & SD118 Gravy | T1 Roast Turkey with SD7/SD82 Roast Potatoes & SD118 Gravy (No Stuffing) | NGCI33 NGCI Greek Chicken with GR3 Cucumber Dip & SD6 Potato Wedges | NGCI5 NGCI Fish Fingers with SD5 Chips & SD14 Tomato Ketchup |
| | Option 2 | | NGCI35 Mexican Black Beans with SD84 Rice | V238 Vegan Sausage with SD7/SD82 Roast Potatoes & SD118 Gravy | | NGCI49 NGCI Cheese & Tomato Pizza with SD5 Chips |
| | Option 3 | SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F32 Salmon Mayonnaise | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise | SD55 Jacket Potato with V85 Cheese or F11 Tuna Mayonnaise |
| | Vegetables | SD20 Broccoli | SD24 Green Beans | SD28 Carrots | GR4 Greek Salad | SD18 Peas |
| | | SD18 Peas | SD28 Carrots | SD18 Peas | SD20 Broccoli | SD22 Baked Beans |
| Dessert | NGCI12 NGCI Chocolate Cake | NGCI11 NGCI Vanilla Cake with D3 Chocolate Sauce | NGCI7 NGCI Chocolate Shortbread | NGCI15 NGCI Crumble with Plum & Vanilla Filling and D2 Custard | NGCI6 NGCI Vanilla Shortbread | |
| DATES | WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| 20/11 11/12 15/01 05/02 04/03 | Option 1 | | | P5 Roast Gammon with SD7/SD82 Roast Potatoes & SD118 Gravy | | NGCI5 NGCI Fish Fingers with SD5 Chips & SD14 Tomato Ketchup |
| | Option 2 | V188 Tomato Arrabiata NGCI24 NGCI Pasta | NGCI49 NGCI Cheese & Tomato Pizza with SD2 New Potatoes | | V236 Vegan Burger with SD6 Potato Wedges | V24 Cheese & Red Pepper Frittata with SD5 Chips & SD14 Tomato Ketchup |
| | Option 3 | SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise | SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese | SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise | SD55 Jacket Potato with V85 Cheese or F11 Tuna Mayonnaise |
| | Vegetables | SD28 Carrots | SD24 Green Beans | SD20 Broccoli | SD28 Carrots | SD18 Peas |
| | | SD18 Peas | SD28 Carrots | SD18 Peas | SD24 Green Beans | SD22 Baked Beans |
| Dessert | NGCI6 NGCI Vanilla Shortbread | NGCI32 NGCI Banana and Chocolate Cake with D2 Custard | D245 Strawberry Jelly | NGCI15 NGCI Crumble with Peach Filling and D2 Custard | NGCI6 NGCI Vanilla Shortbread | |

Note: no other menu options other than above should be offered in relation to this menu

ALLERGY INFORMATION: Whilst every opportunity has been taken to remove necessary allergens, we cannot rule out the risks of elements and traces of allergens within products and cross contamination within the kitchen environment. If this is a concern due to the severity of the allergy/intolerance, then please email info@caterlinktd.co.uk for someone to contact you.

Pupil Identification: Each child requiring a special diet should make their self known to the catering team and should be accompanied by a school representative, when receiving their meal.