

### Allergy/Intolerance Menu

Allergy / Intolerance:

**Milk Free**

Child Name/Names/Area : **Central**

Dates / Term: **Spring Summer 2026**

DATES		WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE READ BEFORE SERVING</b>		<p>Only recipes with a corresponding code listed on the menu should be served to the pupil. Do not make any amendments to the special diet menu or offer any additional dishes.</p> <p>If the code for the dish is on the menu but on a different day, the menu item is suitable for the allergies mentioned in the title. e.g. Fishfingers can served on a Tuesday even if they are on a Friday on the menu.</p> <p>*All recipe codes are given in bold (e.g., F6) - to find the primary recipe on Sharepoint start your search with the letters PRI - e.g., PRIF6.</p>					
	Option 1				<b>C4/ C5</b> Roast Chicken, <b>SD40</b> Stuffing, <b>SD82</b> Roast Potatoes & <b>SD118</b> Gravy	<b>SD8</b> Spaghetti <b>B48</b> Bolognaise	<b>F6</b> Fishfingers or <b>F1</b> Salmon Fishfingers with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce
	Option 2	<b>V321</b> Chickpea Curry with <b>SD84</b> Rice	<b>V309</b> Mild Mexican Chilli with <b>SD84</b> Rice	<b>V204</b> Roasted Quorn, <b>SD82</b> Roast Potatoes, & <b>SD118</b> Gravy	<b>V323 SD17</b> Smokey Bean Burger with <b>SD6</b> Wedges & <b>SD14</b> Tomato Sauce		
	Sandwich Line	If your school is offering a sandwich option, these options are suitable for the listed allergies (available options may vary between schools): <b>PL1 PL2</b> Baguettes, <b>PL3 PL4</b> Sliced Bread or <b>PL5</b> Pitta Bread with: <b>F11</b> Tuna Mayonnaise, <b>V57</b> Egg Mayonnaise or <b>P20</b> Ham <b>(No Cheese)</b>					
	Alternative Meal	<b>SD55</b> Jacket Potato with <b>SD22</b> Baked Beans or <b>F11</b> Tuna Mayonnaise <b>(No Cheese)</b>					
	Vegetables	Vegetables of the Day					
	Dessert	<b>FRESH FRUIT</b>	<b>D182</b> Orange Drizzle Cake	<b>D225</b> Fruit Platter	<b>D171</b> Apple Flapjack	<b>D235</b> Strawberry Jelly with Mandarins	
DATES		WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	<b>NGCI60 NGCI GLUTEN FREE MILK FREE HERBY PIZZA SWIRLS</b> with <b>SD126</b> Summer Mixed Salad	<b>B49</b> Beef Chilli with <b>SD84</b> Rice & <b>SB37</b> Sweetcorn & Cucumber Salsa	<b>P25</b> Roasted Pork or <b>C137</b> Chicken Sausage, <b>SD82</b> Roast Potatoes & <b>SD118</b> Gravy	<b>GR1</b> Greek Chicken Pitta with <b>SD195</b> Herby Rice & <b>GR4</b> Salad <b>(No Tzatziki)</b>	<b>F3</b> Battered Fish with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce	
	Option 2	<b>V108</b> Lentil & Sweet Potato Curry with <b>SD84</b> Rice	<b>SD8</b> Spaghetti & <b>V237</b> Meatballs in a <b>V225</b> Tomato Sauce	<b>V232</b> Veg Wellington, <b>SD82</b> Roast Potatoes & <b>SD118</b> Gravy			
	Sandwich Line	If your school is offering a sandwich option, these options are suitable for the listed allergies (available options may vary between schools): <b>PL1 PL2</b> Baguettes, <b>PL3 PL4</b> Sliced Bread or <b>PL5</b> Pitta Bread with: <b>F11</b> Tuna Mayonnaise, <b>V57</b> Egg Mayonnaise or <b>P20</b> Ham <b>(No Cheese)</b>					
	Alternative Meal	<b>SD55</b> Jacket Potato with <b>SD22</b> Baked Beans or <b>F11</b> Tuna Mayonnaise <b>(No Cheese)</b>					
	Vegetables	Vegetables of the Day					
	Dessert	<b>D177</b> Iced Vanilla Sponge	<b>D166</b> Peaches <b>(No Ice Cream)</b>	<b>D223</b> Freshly Chopped Fruit Salad	<b>D233</b> Jam & Coconut Sponge <b>(No Custard)</b>	<b>D85</b> Oaty Cookie	
DATES		WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Option 1	<b>V160 SD11</b> Tomato Pasta	<b>B63 SD17</b> Beef Burger with <b>SD6</b> Potato Wedges & <b>SD92</b> Rainbow Slaw	<b>T1 C4 C5 B4</b> Roast of the Day, <b>SD1</b> Mashed Potatoes & <b>SD118</b> Gravy		<b>F6</b> Fishfingers with <b>SD5</b> Chips & <b>SD14</b> Tomato Sauce	
	Option 2	<b>V337</b> Chinese Vegetable Noodles	<b>V161</b> Mexican Bean Roll with <b>SD6</b> Potato Wedges & <b>SD92</b> Rainbow Slaw	<b>V13</b> Vegetable Loaf with <b>SD1</b> Mashed Potatoes & <b>SD118</b> Gravy	<b>V249</b> All Day Vegetarian Breakfast	<b>V307</b> Cowboy Sausage and Bean Hotpot	
	Sandwich Line	If your school is offering a sandwich option, these options are suitable for the listed allergies (available options may vary between schools): <b>PL1 PL2</b> Baguettes, <b>PL3 PL4</b> Sliced Bread or <b>PL5</b> Pitta Bread with: <b>F11</b> Tuna Mayonnaise, <b>V57</b> Egg Mayonnaise or <b>P20</b> Ham <b>(No Cheese)</b>					
	Alternative Meal	<b>SD55</b> Jacket Potato with <b>SD22</b> Baked Beans or <b>F11</b> Tuna Mayonnaise <b>(No Cheese)</b>					
	Vegetables	Vegetables of the Day					
	Dessert	<b>D262</b> Pineapple Upside Down Cake	<b>FRESH FRUIT</b>	<b>D224</b> Fruit Medley	<b>D259</b> Strawberry and Apple Crumble <b>(No Custard)</b>	<b>D57</b> Vanilla Shortbread	

**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@caterlinkttd.co.uk](mailto:info@caterlinkttd.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.