

St Mary Cray Primary Academy

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	GF/DF Chicken & Tomato Basil Pasta 680377	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	Peas & Sweetcorn 644291	Rustic Roast Potatoes & Medley of Seasonal Vegetables 689911	Homemade Potato Wedges & Baked Beans 640468	Baked Beans or Peas 640466
PASTA & JACKET	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015
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

31 AUG / 21 SEP
12 OCT / 09 NOV / 30 NOV

STOP AND THINK!

Have you completed the Student Allergen Management Record?



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	DF/GF Cheesy Beef Pasta 783795	AA Chicken Curry 679503	Roast Chicken & Gravy 630301	Beef Bolognese with GF Pasta 679407	DF/GF Meat Feast Pizza 679672
VEGGIE	DF/GF Cheesy Tomato Pasta 679533	AA Vegetable Curry 679516	Jacket Potato with Baked Beans & DF Cheese 681015	GF Pasta with Homemade Pesto 681300	DF/GF Cheese & Tomato Pizza 670572
SIDES	Peas & Sweetcorn 644291	Steamed Rice & Sweetcorn 640985	New Potatoes & Carrots 783046	Broccoli 733771	Homemade Potato Wedges & Baked Beans 640468
PASTA & JACKET	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	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 NO DAILY SALAD BAR					

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DATES

07 SEP / 28 SEP
19 OCT / 16 NOV / 07 DEC

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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	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	Jacket Potato with Baked Beans & DF Cheese 681015	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

14 SEP / 05 OCT
02 NOV / 23 NOV / 14 DEC

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