



**Chartwells Allergy Aware Menu**  
**Autumn Winter 2018**

This menu contains  
**MILK, FISH, CELERY, SULPHITES & MUSTARD**

**Allergen warnings are shown in RED**  
**Chef tips are shown in BLUE**

**If you are catering for a pupil with these allergies please  
serve the alternative dish.**

**BISCOVEY ACADEMY**

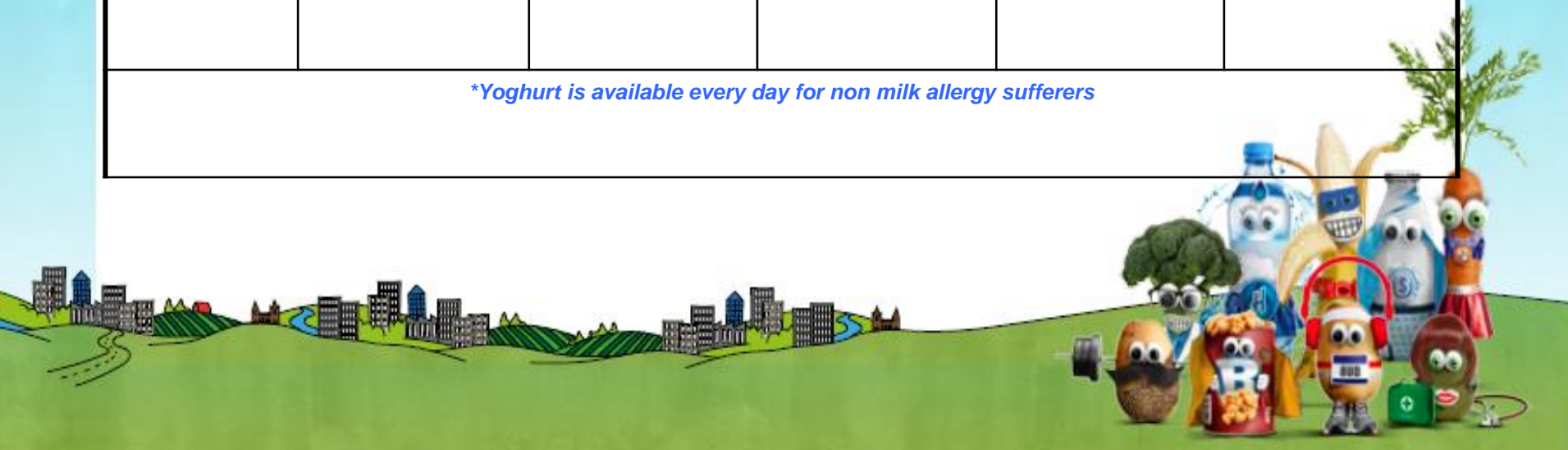


# Primary Autumn/Winter 2018 Menu

## ALLERGY AWARE Week 1

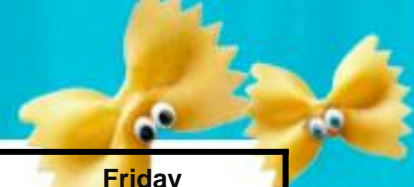


	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mild Potato and Chickpea Curry with Rice **	Chicken Burger in a Bun with Jacket Wedges <b>CONTAINS CELERY</b>	Roast Turkey with Roast Potatoes & Gravy	Pork Ragu with Rice **	GF Fish Fingers with Chips <b>CONTAINS FISH</b>
Please be aware some allergens are still present on the menu, these have been <b>HIGHLIGHTED IN RED</b> . Where this allergen is unsuitable for your child they will be provided with the alternative dish shown below.					
Alternative Dish	Jacket Potato with Baked Beans				
Vegetables	Sweetcorn Green Beans	Peas Carrots	Seasonal Cabbage Cauliflower	Carrots Broccoli	Baked Beans
Desserts	Vanilla Crispie	Fresh Fruit	Jelly Pot	Chocolate Orange Cornflake Cake	Berry Bar
*Yoghurt is available every day for non milk allergy sufferers					



# Primary Autumn/Winter 2018 Menu

## ALLERGY AWARE Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** <b>CONTAINS MILK</b> <b>CONTAINS SULPHITES</b>	GF Chicken Sausages with Mashed Potato <b>CONTAINS SULPHITES</b>	Roast Chicken with Roast Potatoes and	Chicken & Tomato Spicy Rice	GF Fish Fingers & Chips <b>CONTAINS FISH</b>

Please be aware some allergens are still present on the menu, these have been **HIGHLIGHTED IN RED**. Where this allergen is unsuitable for your child they will be provided with the alternative dish shown below.

Alternative Dish	Jacket Potato with Baked Beans				
Vegetables	Broccoli Sweetcorn	Baked Beans Pea	Seasonal Cabbage Carrots	Green Beans Cauliflower	Peas Baked Beans
Desserts	Jelly Pot	Raisins & Sultanas	Vanilla Crispie	Berry Bar	Fresh Fruit

*\*Yoghurt is available every day for non milk allergy sufferers*





# Primary Autumn/Winter 2018 Menu

## ALLERGY AWARE Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** <b>CONTAINS MILK</b> <b>CONTAINS CELERY</b>	Jacket Potato with Baked Beans	Roast Pork <i>with Roast Potatoes And Gravy</i>	Vegetable Korma with Rice <b>CONTAINS MUSTARD</b>	GF Fish Fingers & Chips <b>CONTAINS FISH</b>

Please be aware some allergens are still present on the menu, these have been **HIGHLIGHTED IN RED** . Where this allergen is unsuitable for your child they will be provided with the alternative dish shown below,

Alternative Dish	Jacket Potato with Baked Beans				
Vegetables	Green Beans Sweetcorn	Grilled Tomato	Seasonal Cabbage Carrot and Swede Mash	Broccoli Sweetcorn	Peas
Desserts	Jelly Pot	Chocolate Orange Cornflake Cake	Berry Bar	Chocolate Krispie <i>with Fruit Slices *</i>	Fresh Fruit

*\*Yoghurt is available every day for non milk allergy sufferers*

