

## Allergy/Intolerance Menu

Allergy/Intolerance:

No Gluten Containing Ingredients (NGCI)

Child Name / Area:

ST CECILAS

Dates / Term:

Central Spring Summer 2023

Implementation Date if required:

Sep-23

DATES	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Option 1</b>	<b>NGCI Tomato &amp; Cheese Pizza</b> with New Potatoes <b>#NGCI11 #SD2</b>	<b>NGCI Vegetable Pasta Bake #NGCI10</b>	Roast of the Day, Roast Potatoes & Gravy <b>#SD7 #SD82 #SD118</b>	<b>Quirky Bird</b> BBQ or Lemon & Herb Chicken ( <b>No Quorn</b> ) with Jollof Rice & Salads <b>#QB6 #QB8 #QB1 #QB3</b>	<b>NGCI Fishfingers</b> with Chips & Tomato Sauce <b>#NGCI5 #SD5 #SD14</b>
	<b>Vegetables</b>	Mixed Salad <b>#SD25</b> Coleslaw <b>#SD47</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas <b>#SD18</b> Baked Beans <b>#SD22</b>
	<b>Dessert</b>	<b>NEW NGCI Syrup Biscuit #NGCI30</b>	Fruit Jelly with Mandarins <b>#D217</b>	Freshly Chopped Fruit <b>#D223</b>	<b>NGCI Italian Vanilla Cake #NGCI11</b>	<b>NGCI Vanilla Shortbread #NGCI16</b>
DATES	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Option 1</b>	<b>NGCI Macaroni Cheese #NGCI9</b> with a choice of Cajun Chicken, Garlic Mushrooms, Roasted Vegetables or BBQ Beans ( <b>No Breadcrumbs, No Croutons, No Sausage</b> ) <b>#MC2 #MC5 #MC7 #MC8</b>	Vegan Sausage with Potato Wedges <b>#V182 #SD6 (No Hot Dog Bun)</b>	<b>NGCI Potato and Courgette Layer Bake #NGCI18</b>	Chef's Special Chicken Korma with Rice <b>#C86 #SD84</b>	<b>NGCI Fishfingers</b> with Chips & Tomato Sauce <b>#NGCI5 #SD5 #SD14</b>
	<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas <b>#SD18</b> Baked Beans <b>#SD22</b>
	<b>Dessert</b>	<b>NGCI Italian Chocolate Cake #NGCI12</b>	<b>NGCI Chocolate Shortbread #NGCI17</b>	Fruit Medley <b>#D224</b>	<b>NGCI Crumble Topping</b> with Peach Filling <b>#NGCI15</b> & Cream <b>#D39</b>	<b>NGCI Vanilla Shortbread #NGCI16</b>
DATES	WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Option 1</b>	<b>Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise</b>	Vegan Bolognese with <b>NGCI Pasta #V169 #NGCI4</b>	Roast of the Day, Roast Potatoes & Gravy <b>#SD7 #SD82 #SD118</b>	<b>NEW NGCI Greek Chicken</b> with Rice <b>#NGCI33 #SD84</b>	<b>NGCI Fishfingers</b> with Chips & Tomato Sauce <b>#NGCI5 #SD5 #SD14</b> or Cheese & Red Pepper Frittata with Chips & Tomato Sauce <b>#V24 #SD5 #SD14</b>
	<b>Vegetables</b>	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Fresh Salad Rainbow Slaw <b>#SD92</b>	Peas <b>#SD18</b> Baked Beans <b>#SD22</b>
	<b>Dessert</b>	Peaches with Ice Cream <b>#D166 #D13</b>	<b>NEW NGCI Banana Cake #NGCI29</b>	Fruit Platter <b>#D225</b>	<b>NGCI Chocolate Shortbread #NGCI17</b>	<b>NGCI Vanilla Shortbread #NGCI16</b>

**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@caterlinkitd.co.uk](mailto:info@caterlinkitd.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 there meal.