AUTUMN/ WINTER 2026

ALLERGY AWARE VEGETARIAN – KITCHEN GUIDE

This menu is suitable for children with an allergy and/or intolerance within the 14 main EU allergens.

This menu does not contain any **EU14 ALLERGENS**

If a pupil has a food allergy or intolerance to an **ALLERGEN LISTED IN RED,** they should be provided with an alternative meal or dessert choice from this menu for that day (E.g. SD Tomato Pasta or Jacket Potato)

This menu requires a total of **9 specialist items** to be ordered in, please ensure this is done ahead of go live

Any allergens warning are shown in **RED**

NOTE: All special diet recipes will be noted with **'SD'** in front of the recipe. If 'SD' is stated, please ensure you are following the special diet recipe of the dish.

OPERATOR: If selector recipes have been used, please refer to the allergy aware selector menu to align to school's menu please cross check the allergens to ensure no additional allergens are present.

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL, GLUTEN FREE (GF) OATS AND GF BARLEY MALT EXTRACT BELOW 20PPM

Chartwells Schools

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

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AUTUMN/ WINTER 2026

ALLERGY AWARE VEGETARIAN – PARENT GUIDE

This menu is suitable for children with an allergy and/or intolerance to one or more of the 14 main EU allergens (e.g. milk, egg, cereals containing gluten etc.)

This is a reduced-allergen menu. It removes several common allergens; this menu does not contain any **EU14 ALLERGENS**

Using a reduced allergen approach helps keep pupils safe by lowering the risk of **cross-contamination** in busy school kitchens.

Some foods your child may eat at home may not appear on this menu. This allows us to offer **safe meal choice, variety, and balanced nutrition** wherever possible.

Our Allergy Aware menu is **closely aligned with the main menu**, so children are eating similar meals to their peers.

How to read this menu:

- This menu does not contain any **EU14 ALLERGENS**
- Any allergens present are clearly highlighted in **RED** on the menu.
- If a pupil has a food allergy or intolerance to an **ALLERGEN LISTED IN RED,** they will be provided with an alternative meal or dessert choice from this menu for that day (E.g. SD Tomato Pasta or Jacket Potato)
- Dishes marked 'SD' indicate a Special Diet recipe. These are dishes which have been developed to remove the EU 14 allergens.

THIS MENU DOES CONTAIN FULLY REFINED SOYBEAN OIL, GLUTEN FREE (GF) OATS AND GF BARLEY MALT EXTRACT BELOW 20PPM

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	Ingredients different from main menu	VMC (ordering code)	Recipe it is present in
1	Gluten Free Pizza Base	5025767	SD Vegan Cheese & Tomato Pizza 93174975 SD Meatless Cheesy Feast Pizza 93315912
2	Vegan Cheese	132615	SD Vegan Cheese & Tomato Pizza 93174975 Jacket Potato with Vegan Cheese 93227189 SD Meatless Cheesy Feast Pizza 93315912 SD Cheese and Bean Tortilla Toastie 93388503
3	Gluten Free Pasta	5028487	SD Pasta 93163235/93315913 SD Tomato Pasta 93171286
4	Rice Noodles	113270	SD Chinese Vegetable Noodles 93195251
5	Gluten Free Shortbread	101480	SD Lazy Day Shortbread 93177181
6	Rice Crisp	103272	SD Chocolate Crispie 93158451 SD Orange and Sultana Crispie 93177935
7	Gluten Free Oats	188476	SD Apple Oat Bite 93196789
8	Strawberry Frozen Smoothie \ Orange and Mango Frozen Smoothie	32573 / 32572	SD Frozen Fruit Smoothie 93166797/ 93166798
9	Gluten Free Wrap	129228	SD Cheese and Bean Tortilla Toastie 93388503

AUTUMN/ WINTER 2026

STOP AND THINK!

Have you completed the double-checking confirmation sheet?

ARE YOU ALLERGEN AWARE?

HOW TO USE THE ALLERGY AWARE MENU

ALLERGY AWARE VEGETARIAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with SD Pasta 93315913	Sweet Potato and Lentil Curry 93355061 with Wholegrain Rice 93035026	SD Vegetable Pie 93170474 and Gravy 93034775	Vegetable Korma CONTAINS SULPHITES 93235470 with Wholegrain Rice 93035026	SD Vegan Plant Balls 93200114 with Chips 93040525
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD Lazy Day Shortbread 93177181	SD Frozen Fruit Smoothie 93166797/ 93166798	SD Apple and Oat Bite 93196789	SD Chocolate Crispie 93158451	App 9304

Additional warnings for 'do not serve items'

Allergen warnings shown on menu as CONTAINS

Ensure you are using the correct PLU / recipe code shown on Source recipe

Alternative recipes that can be produced daily or by request

SD indicates a 'Special Diet' recipe. This is different to the core recipe. These can be made in bulk and frozen.

AVAILABLE DAILY

- ✓ **Jacket Potato with Baked Beans or Vegan Cheese** (93034839 / 93227189)
- ✓ **SD Tomato Pasta** (93171286)
- ✓ **Cool Water, Apple, Banana or Orange** (93041624/ 93041625/ 93065473)

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!

Only serve what is shown on this menu. Nothing more.

Chartwells Schools

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Internal

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ARE YOU ALLERGEN AWARE?

V2 - WEEK 1

W/C: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027, 15/02/2027, 08/03/2027, 29/03/2027

ALLERGY AWARE VEGETARIAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with SD Pasta 93315913	Sweet Potato and Lentil Curry 93355061 with Wholegrain Rice 93035026	SD Vegetable Pie 93170474 and Gravy 93034775	SD Meatless Cheesy Feast Pizza 93315912 with Potato Wedges 93156646	SD Vegan Plant Balls 93200114 with Chips 93040525
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD Lazy Day Shortbread 93177181	SD Orange and Sultana Crispie 93177935	SD Apple and Oat Bite 93196789	SD Chocolate Crispie 93158451	SD Frozen Fruit Smoothie 93166797/ 93166798

AVAILABLE DAILY

- ✓ **Jacket Potato with Baked Beans or Vegan Cheese** (93034839 / 93227189)
- ✓ **SD Tomato Pasta** (93171286)
- ✓ **Cool Water, Apple, Banana or Orange** (93041624/ 93041625/ 93065473)

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!

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STOP AND THINK!

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V2 - WEEK 2

W/C: 09/11/2026, 30/11/2026, 21/12/2026, 11/01/2027, 01/02/2027,22/02/2027,15/03/2027

ALLERGY AWARE VEGETARIAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD **Vegan Cheese & Tomato Pizza** 93174975 **with SD Pasta** 93315913	SD **Chinese Vegetable Noodles** 93195251	SD **Vegan Plant Balls** 93200114 **with New Potatoes** 93034992 **and Gravy** 93034775	SD **Cheese and Bean Tortilla Toastie** 93388503 **with Potato Wedges** 93156646	SD **Vegan Plant Balls** 93200114 **with Chips** 93040525
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD **Lazy Day Shortbread** 93177181	SD **Orange and Sultana Crispie** 93177935	SD **Apple and Oat Bite** 93196789	SD **Chocolate Crispie** 93158451	SD **Frozen Fruit Smoothie** 93166797/ 93166798

AVAILABLE DAILY

- ✓ **Jacket Potato with Baked Beans or Vegan Cheese** (93034839 / 93227189)
- ✓ **SD Tomato Pasta** (93171286)
- ✓ **Cool Water, Apple, Banana or Orange** (93041624/ 93041625/ 93065473)

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!

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V2 - WEEK 3

W/C: 16/11/2026, 07/12/2026, 28/12/2026, 18/01/2027, 08/02/2027,01/03/2027, 22/03/2027

ALLERGY AWARE VEGETARIAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with SD Pasta 93315913	SD Chinese Vegetable Noodles 93195251	SD Vegan Plant Balls 93200114 with Mashed Potato 93046790 and Gravy 93034775	SD Tomato Pasta 93171286	SD Vegan Plant Balls 93200114 with Chips 93040525
VEG	All main meals are served with two vegetables. NO COLESLAW, MIXED SALAD OR SALAD BAR				
DESSERT	SD Lazy Day Shortbread 93177181	SD Frozen Fruit Smoothie 93166797/ 93166798	SD Chocolate Crispie 93158451	SD Chocolate Crispie 93158451	SD Frozen Fruit Smoothie 93166797/ 93166798

AVAILABLE DAILY

- ✓ **Jacket Potato with Baked Beans or Vegan Cheese** (93034839 / 93227189)
- ✓ **SD Tomato Pasta** (93171286)
- ✓ **Cool Water, Apple, Banana or Orange** (93041624/ 93041625/ 93065473)

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!

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