



Chartwells Allergy Aware Menu
Spring Summer 2018

This menu contains
SULPHITES, CELERY, MILK & FISH

Allergen warnings are shown in blue.

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



FFL Spring/Summer 2018 Menu

Week 1 ALLERGY AWARE MENU



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Allergen Friendly Dish	Mediterranean Summer Beans* with Rice <u>*CONTAINS SULPHITES</u>	Chicken Burger with Jacket Wedges <u>*CONTAINS CELERY</u>	Roast Pork with Roast Potatoes & GF Gravy	Beef Chilli with Rice	Fish Fingers & Chips* <u>*CONTAINS FISH</u>

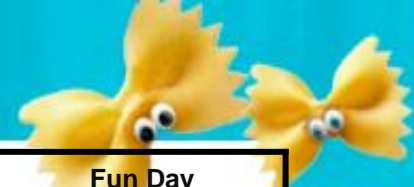
Please be aware some allergens are still present on the menu, these have been **HIGHLIGHTED IN BLUE** . Where this allergen is unsuitable for your child they will be provided with the alternative dish shown below.

Alternative Dish	Jacket Potato with Baked Beans				
Vegetables	Crunchy Salad Peas	Sweetcorn	Seasonal Cabbage Carrots	Broccoli Cauliflower	Baked Beans Peas
Desserts	Wedges of Melon * and Orange	Raisins & Sultans	Jelly Pot	Berry Bar	Orange Mango Frozen Smoothie



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Week 2 ALLERGY AWARE MENU



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Pasta in Tomato Sauce Hot Main Dish	Pasta in Tomato Sauce	Chicken Sausages <i>with Mashed Potato and GF Gravy</i> <u>*CONTAINS SULPHITES</u>	Roast Turkey <i>with Roast Potatoes and GF Gravy</i>	Beef Keema Curry (minced beef curry) <i>with Rice</i>	Fish Fingers & Chips <u>*CONTAINS FISH</u>

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Alternative Dish	Jacket Potato with Baked Beans				
Vegetables	Broccoli Sweetcorn	Sweetcorn Seasonal Cabbage	Peas Roasted Vegetables	Carrots Green Beans	Baked Beans
Desserts	Raisins & Sultanas	Jelly Pot	Chocolate Crispie	Raspberry Frozen Smoothie	Strawberry Jelly



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Week 3 ALLERGY AWARE MENU



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Allergen Friendly Dish	Vegetable topped Cheese-free Pizza <i>GF Base</i>	Tomato and Basil Pasta Pot	Roast Chicken <i>with Roast Potatoes and GF Gravy</i>	Pasta Bolognaise	GF Fish Fingers & Chips* <i>*CONTAINS FISH</i>

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Alternative Dish	Jacket Potato with Baked Beans				
Vegetables	Peas	Broccoli Carrots	Seasonal Cabbage Sweetcorn	Green Beans Roast Mediterranean Veg	Baked Beans Peas
Desserts	Jelly Pot	Orange Mango Frozen Smoothie	Wedges of Pear, Apple & Orange *	Raisins & Sultanas	Berry Bar

