AUTUMN/ WINTER 2026

PARENT GUIDE

ALLERGY AWARE

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; however, this menu does contain **MILK, EGG (mayo only) & FISH.**

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 a **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:

- Any allergens present are clearly highlighted in **RED** on the menu.
- 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

Chartwells Schools

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

Internal

AUTUMN/ WINTER 2026

STOP AND THINK!

Have you completed the double-checking confirmation sheet?

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

WEEK 1

ALLERGY AWARE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza with Potato Wedges 93174975 / 93156646	Roast Chicken with Mashed Potato and Gravy 93035093 / 93046790 / 93034775	Roast Chicken with Roast Potatoes and Gravy 93035093 / 93035127 / 93034775	SD Minced Beef & Onion Pie 93604730	SD Fish Fillet CONTAINS FISH with Chips 93166795 / 93040525
VEGETARIAN DISH	SD Tomato Pasta 93171286	Sweet Potato and Lentil Curry with Wholegrain Rice 93355061 / 93035026	SD Sweet Potato & Chickpea Roast with Roast Potatoes and Gravy 93165175 / 93035127 / 93034775	Yellow Vegetable Curry with Wholegrain Rice 93152367 / 93035026	SD Vegan Plant Balls with Chips 93200114 / 93040525
VEG	Peas & Sweetcorn	Carrots & Green Beans	Cabbage & Carrots	Carrots & Sweetcorn	Baked Beans & Peas
DESSERT	SD Shortbread 93221990	Orange, Raspberry or Strawberry Jelly with Fruit Slices 93290176 / 93290177 / 93290175 / 93040542	SD Berry Crispie with Fruit Slices 93158452 / 93040542	SD Flapjack 93165520	SD Orange & Mango or Strawberry Frozen Fruit Smoothie 93166797/ 93166798

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AVAILABLE DAILY

- ✓ Jacket Potato with Cheese CONTAINS MILK, Baked Beans, Tuna Mayo (Tuesday & Thursday only) CONTAINS FISH & EGG or Vegan Cheese (93041021 / 93034839 / 93040562 / 93227189)
- ✓ Jacket Potato with Salmon Mayo available Week 3 Tuesday CONTAINS FISH & EGG (93165033)
- ✓ SD Tomato Pasta (93171286)
- ✓ Cool Water, Apple, Banana or Orange (93041624/ 93041625/ 93065473)
- ✓ SD GF Sandwich with Cheese CONTAINS MILK, Ham, Tuna Mayo (Tuesday & Thursday only) CONTAINS FISH & EGG or Vegan Cheese (93437479 / 93174783 / 93437720 / 93174782)
- SD GF Sandwich served with Lettuce, Tomato & Cucumber (93278922)

THE DAILY OPTIONS OF TOMATO PASTA & PACKED LUNCH OPTIONS MAY NOT BE AVAILABLE AT ALL SCHOOLS, PLEASE CHECK WITH YOUR SCHOOL

NO COLESLAW, MIXED SALAD OR SALAD BAR

SD = SEPARATE SPECIAL DIET RECIPE

ONLY SERVE WHAT IS ON THIS MENU!

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

WEEK 2

ALLERGY AWARE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza with Potato Wedges 93174975 / 93156646	Roast Chicken with Herby Diced Potatoes 93035093 / 93426646	Roast Gammon with Roast Potatoes and Gravy 93173553 / 93035127 / 93034775	Chicken in Katsu Sauce with Wholegrain Rice 93175179 / 93035026	SD Fish Fillet CONTAINS FISH with Chips 93166795 / 93040525
VEGETARIAN DISH	SD Tomato Pasta 93171286	SD Chinese Vegetable Noodles 93195251	SD Vegetable Pie with Roast Potatoes and Gravy 93170474 / 93035127 / 93034775	SD Tomato Pasta 93171286	SD Vegan Plant Balls with Chips 93200114 / 93040525
VEG	Peas & Sweetcorn	Carrots & Green Beans	Cabbage & Carrots	Carrots & Sweetcorn	Baked Beans & Peas
DESSERT	SD Shortbread with Fruit Slices 93221990 / 93040542	SD Berry Crispie with Fruit Slices 93158452 / 93040542	Orange, Raspberry or Strawberry Jelly 93290176 / 93290177 / 93290175	SD Chocolate Crispie 93158451	SD Orange & Mango or Strawberry Frozen Fruit Smoothie 93166797/ 93166798

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- ✓ Jacket Potato with Salmon Mayo available Week 3 Tuesday CONTAINS FISH & EGG (93165033)
- ✓ SD Tomato Pasta (93171286)
- ✓ Cool Water, Apple, Banana or Orange (93041624/ 93041625/ 93065473)
- ✓ SD GF Sandwich with Cheese CONTAINS MILK, Ham, Tuna Mayo (Tuesday & Thursday only) CONTAINS FISH & EGG or Vegan Cheese (93437479 / 93174783 / 93437720 / 93174782)
- SD GF Sandwich served with Lettuce, Tomato & Cucumber (93278922)

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WEEK 3

ALLERGY AWARE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	SD Vegan Cheese & Tomato Pizza with Potato Wedges 93174975 / 93156646	SD Herby Tomato Chicken with SD Pasta 93102887 / 93163235	Roast Pork with Roast Potatoes and Gravy 93173431 / 93035127 / 93034775	Beef Bolognese with SD Pasta 93170702 / 93163235	SD Fish Fillet CONTAINS FISH with Chips 93166795 / 93040525
VEGETARIAN DISH	SD Tomato Pasta 93171286	SD Chinese Vegetable Noodles 93195251	SD Sweet Potato & Chickpea Roast with Roast Potatoes and Gravy 93165175 / 93035127 / 93034775	SD Cheesy Bean & Rice Burrito 93194976	SD Vegan Plant Balls with Chips 93200114 / 93040525
VEG	Peas & Sweetcorn	Carrots & Green Beans	Cabbage & Carrots	Carrots & Sweetcorn	Baked Beans & Peas
DESSERT	SD Shortbread with Fruit Slices 93158452 / 93221990	SD Berry Crispie with Fruit Slices 93158452 / 93221990	Orange, Raspberry or Strawberry Jelly 93290176 / 93290177 / 93290175	SD Flapjack 93165520	SD Orange & Mango or Strawberry Frozen Fruit Smoothie 93166797/ 93166798

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- ✓ Jacket Potato with Salmon Mayo available Week 3 Tuesday CONTAINS FISH & EGG (93165033)
- ✓ SD Tomato Pasta (93171286)
- ✓ Cool Water, Apple, Banana or Orange (93041624/ 93041625/ 93065473)
- ✓ SD GF Sandwich with Cheese CONTAINS MILK, Ham, Tuna Mayo (Tuesday & Thursday only) CONTAINS FISH & EGG or Vegan Cheese (93437479 / 93174783 / 93437720 / 93174782)
- SD GF Sandwich served with Lettuce, Tomato & Cucumber (93278922)

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