

# NO GLUTEN

September 2022 BM1Sherwood/Blackfen

Blackfen School for Girls



Week 1	Week 2	Week 3
19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February	5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February	12th September, 3rd October, 24th October, 14th November, 5th December, 26th December, 16th January, 6th February, 27th February
Monday	Monday	Monday
<b>Gluten Free Pasta with Tomato Sauce Ve</b> Vegetables: Sweetcorn & Peas Ve Dessert: <b>Fruit Platter Ve</b>	Jacket Potato with Tuna Mayonnaise Vegetables: Sweetcorn Ve & Coleslaw V Dessert: <b>Fruit Platter Ve</b>	Cottage Pie topped with Sliced Sweet Potato Jacket Potato with Baked Beans Ve Vegetables: Peas & Carrots Ve Dessert: <b>Fruit Platter Ve</b>
Tuesday	Tuesday	Tuesday
Mild Chicken & Vegetable Curry with Steamed Rice Thai Vegetable Green Curry with Steamed Rice Ve Jacket Potato with Baked Beans Ve Vegetables: Cauliflower & Green Beans Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>	<b>Gluten Free Pasta</b> with Tomato Sauce Ve Vegetables: Cauliflower & Peas Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>	Jacket Potato with Salmon Mayonnaise Vegetables: Cauliflower & Broccoli Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>
Wednesday	Wednesday	Wednesday
Honey Roast Gammon with Roast Potatoes & Gravy <b>Gluten Free Pasta</b> with Tomato Sauce Ve Vegetables: Seasonal Greens & Carrots Ve Dessert: <b>Fruit Platter Ve</b>	Roast Chicken with Roast Potatoes & Gravy Vegetables: Seasonal Greens & Carrots Ve Dessert: <b>Fruit Platter Ve</b>	Thyme Roast Chicken Breast with Roast Potatoes & Gravy Vegetables: Seasonal Greens & Mashed Swede Ve Dessert: <b>Fruit Platter Ve</b>
Thursday	Thursday	Thursday
<b>Beef Bolognese with Gluten Free Pasta</b> Jacket Potato with Cheese V Vegetables: Broccoli & Sweetcorn Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>	Jacket Potato with Baked Beans Ve Vegetables: Broccoli & Sweetcorn Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>	<b>Beef Burger (NO bun) with a Half Jacket Potato</b> Jacket Potato with Baked Beans Ve Vegetables: Sweetcorn Ve & Coleslaw V Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>
Friday	Friday	Friday
<b>Gluten Free Fish Fingers with Oven Baked Chips</b> <b>Gluten Free Pasta with Tomato Sauce Ve</b> Vegetables: Peas & Baked Beans Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>	<b>Gluten Free Fish Fingers with Oven Baked Chips</b> Vegetable Goujon with Oven Baked Chips Ve <b>Gluten Free Pasta with Roasted Tomato Sauce Ve</b> Vegetables: Peas & Baked Beans Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>	<b>Gluten Free Fish Fingers with Oven Baked Chips</b> Pasta with Tomato Sauce Ve Vegetables: Peas & Baked Beans Ve Dessert: <b>Homemade Fruit Yoghurt V, Fruit Platter Ve</b>
<b>Also available daily:</b> Desserts: Fresh Fruit Ve, Yoghurt with Homemade Fruit Compote V, Jelly V Bread: <b>This pupil must NOT consume the homemade bread as it CONTAINS GLUTEN.</b> Salad Bar: <b>Contains none of the main 14 allergens and is safe for this pupil to self-serve</b>		
<b>V = Suitable for Vegetarians. Ve = Suitable for Vegans and Vegetarians</b>		
<b>All menu items containing this pupil's allergens have been removed from this menu. Items in red are major changes from the main menu and are highlighted to help the catering team</b>		
<b>This pupil should only be served meals which are displayed on this menu unless otherwise agreed in writing.</b>		
Pabulum staff will take every precaution to prevent cross-contamination of allergens, but there is always a risk that traces of allergens may be transferred between items on the menu during processing, storage or preparation in our kitchens. Therefore, Pabulum cannot guarantee that any item from the menu is completely free from trace allergens. If you have any queries, please email <a href="mailto:specialdiets@pabulum-catering.co.uk">specialdiets@pabulum-catering.co.uk</a> . Please make sure to specify in your email both your school and the pupil's name who you are emailing about.		
<b>Essential information for unit staff:</b> To maintain allergen ingredient information, it is critical recipes are followed without deviation. Unit Managers must ensure the correct product codes are ordered and used. Checks must be made on allergen ingredient information displayed on food packaging at the point of delivery. All food on this menu must be stored, prepared and served to avoid the risk of allergen cross-contamination. A system must be in place to recognise the pupil at the service counter, this will require liaison with the client. Staff that prepare for or serve this pupil must be instructed on their dietary requirements. The Unit Manager must include this pupil's dietary requirements in the daily briefing.		
<b>PARENT/GUARDIAN APPROVAL:</b> I, the parent/guardian, confirm the above dietary requirements and approve this menu for my child: Signed: _____ Name: _____ (please print)		<b>Please email a signed copy to <a href="mailto:specialdiets@pabulum-catering.co.uk">specialdiets@pabulum-catering.co.uk</a></b> Date: _____

**PLEASE NOTE: The lentils and ground cumin used within Pabulum have a may contain gluten allergen and therefore all meals containing these have been removed from this menu. If you believe your child can tolerate these, please email [specialdiets@pabulum-catering.co.uk](mailto:specialdiets@pabulum-catering.co.uk), and any meals containing them with no other gluten allergen will be added back in.**