Four Week Menu Ingredients and Allergen Template

Use this editable template to record the ingredients and confirmed allergens for the four week menu. All meal names, rows and entry fields can be changed in Word. Save a new copy for each menu.

School or site: HIGFORD Menu effective from: SEPTEMBER 2026

Version: 1.0 Completed by: GEORGIA RYAN Date: 13/10/26

Review date: 01/27

Completing the menu

- Enter all ingredients, including sides, oils, sauces, stocks, coatings, garnishes and the ingredients within bought in products. Record brands or recipe references where needed.
- In the allergens field, replace “To be confirmed” with the confirmed allergens. Identify the specific cereal or nut where relevant. Write “None of the 14 identified” only after checking the full recipe and current product labels.
- Check supplier “may contain” warnings and kitchen cross contact considerations separately before providing allergen information. A blank or unconfirmed field must not be treated as an absence of allergens.
- Use the separate dessert schedule after Week 4 to choose a dessert for each day and enter its ingredients and confirmed allergens. Specify variable hot fillings and halal alternatives, and confirm their accompanying sides.
- Recheck entries whenever a recipe, ingredient, supplier or substitution changes. Duplicate or delete rows as required; table rows expand as you type.

The 14 major allergens`

Celery; cereals containing gluten; crustaceans; eggs; fish; lupin; milk; molluscs; mustard; nuts; peanuts; sesame; soya; sulphur dioxide and sulphites.

Cereals: specify wheat, rye, barley, oats or other relevant cereal. Nuts: specify almond, hazelnut, walnut, cashew, pecan, Brazil nut, pistachio or macadamia. Sulphur dioxide and sulphites: declaration threshold is more than 10 mg/kg or 10 mg/litre in the food as consumed.

Reference: Food Standards Agency allergen guidance for food businesses
https://www.gov.uk/government/publications/allergen-guidance-for-food-businesses

Week 1 Monday to Wednesday

Monday

Meal or option	Confirmed allergens
Main meal **Katsu chicken fillet, vegetable rice and peas.**	CEREALS GLUTEN WHEAT
Vegetarian option **Chickpea and sweet potato curry.**	MILK

Tuesday

Meal or option	Confirmed allergens
Main meal **Hot pork, stuffing and apple sauce served in a soft bap, with potato wedges and mixed vegetables.**	CEREALS GLUTEN WHEAT BARLEY MALT EXTRACT
Vegetarian option **Buttermilk Quorn goujons.**	WHEAT GLUTEN
Halal alternative **Halal chicken available. [Specify meal and sides]**	HALAL CHICKEN SERVED WITH ALL AS MAIN MEAL ABOVE

Wednesday

Meal or option	Confirmed allergens
Main meal **Beef stew, carrot and swede mash with peas.**	MILK SOYA
Vegetarian option **Cheese and leek bake.**	MILK SOYA WHEAT RYE BARLEY OATS EGG SOY CELERY MUSTARD

Week 1 Thursday and Friday

Thursday

Meal or option	Confirmed allergens
Main meal **Creamy Cajun chicken pasta bake, carrots and garlic bread.**	GLUTEN WHEAT MILK Garlic bread MAY CONTAIN MILK SOYA
Vegetarian option **Mediterranean vegetable pasta bake.**	GLUTEN WHEAT

Friday

Meal or option	Confirmed allergens
Main meal **Fish and chips, with garden peas or baked beans.**	FISH CEREALS GLUTEN WHEAT
Vegetarian option **Spicy bean burger.**	WHEAT

Week 2 Monday to Wednesday

Monday

Meal or option	Confirmed allergens
Main meal **Jacket potato served with cheese, tuna mayonnaise, baked beans and a hot filling.**	MILK FISH EGG
Vegetarian option **[Specify option or confirm the main meal is suitable]**	AS MAIN MEAL ABOVE

Tuesday

Meal or option	Confirmed allergens
Main meal **Teriyaki chicken, Rice and green beans**	
Vegetarian option **Quorn bolognaise**	BARLEY EGG

Wednesday

Meal or option	Confirmed allergens
Main meal **Roast chicken, mashed potato, roast potato, Yorkshire pudding, broccoli, carrots and stuffing.**	MILK CEREALS EGG GLUTEN WHEAT SOYA
Vegetarian option **Stuffed Yorkshire pudding.**	MILK CEREALS EGG GLUTEN WHEAT
Halal alternative **Halal chicken available. [Specify meal and sides]**	HALAL CHICKEN SERVED WITH ALL FROM MAIN MEAL ABOVE.

Week 2 Thursday and Friday

Thursday

Meal or option	Confirmed allergens
Main meal **Big breakfast: sausage, bacon, hash browns, beans and tomatoes.**	WHEAT
Vegetarian option **Vegetarian Cumberland sausage.**	GLUTEN MILK WHEAT MUSTARD
Halal alternative **Halal sausage available. [Specify meal and sides]**	CEREALS GLUTEN WHEAT EXCESS SULPHITE. SERVED WITH ALL FROM MAIN MEAL ABOVE.

Friday

Meal or option	Confirmed allergens
Main meal **Chilli con carne served with a corn tortilla, cheese and mixed vegetables.**	MILK
Vegetarian option **Five bean roasted red pepper chili**	GLUTEN WHEAT MILK

Week 3 Monday to Wednesday

Monday

Meal or option	Confirmed allergens
Main meal **Cheese and tomato pizza served with wedges and peas.**	CEREALS GLUTEN MILK WHEAT
Vegetarian option **[Specify option or confirm the main meal is suitable]**	AS MAIN MENU ABOVE.

Tuesday

Meal or option	Confirmed allergens
Main meal **Battered sweet and sour chicken served with rice, a mini spring roll and sweetcorn.**	WHEAT SOYA
Vegetarian option **Vegetable meatballs.**	SOYA

Wednesday

Meal or option	Confirmed allergens
Main meal **Sausage, mash, Yorkshire pudding, brocolli and carrots.**	MILK CEREALS EGG GLUTEN WHEAT
Vegetarian option **Vegetarian Cumberland sausage.**	GLUTEN WHEAT MUSTARD MILK
Halal alternative **Halal sausage available. [Specify meal and sides]**	CEREALS GLUTEN WHEAT EXCESS SULPHATE SERVED WITH ALL ABOVE AS MAIN MEAL

Week 3 Thursday and Friday

Thursday

Meal or option	Confirmed allergens
Main meal **Beef koftas served with a flatbread, yoghurt and mint dip, roasted pepper hummus and a Mediterranean mixed salad.**	WHEAT SULPHUR Dioxide SULPHITES EGG MILK
Vegetarian option **Mozzarella sticks.**	MILK WHEAT

Friday

Meal or option	Confirmed allergens
Main meal **Fish and chips, mushy peas and beans.**	FISH CEREALS GLUTEN WHEAT
Vegetarian option **Cheese quiche.**	To be confirmed

Week 4 Monday to Wednesday

Monday

Meal or option	Confirmed allergens
Main meal **Beef Burger in bap served with fries, baked beans or peas**	CEREALS GLUTEN WHEAT
Vegetarian option **Quorn burger**	CEREALS GLUTEN WHEAT

Tuesday

Meal or option	Confirmed allergens
Main meal **Chicken tikka masala served with basmati rice, naan bread and sweetcorn.**	MILK GLUTEN WHEAT
Vegetarian option **Vegetable samosas.**	CEREALS GLUTEN WHEAT
Halal alternative **Halal chicken available. [Specify meal and sides]**	HALAL CHICKEN SERVED WITH MAIN MEAL AS ABOVE

Wednesday

Meal or option	Confirmed allergens
Main meal **Chicken Kiev served with diced potato and peas**	GLUTEN WHEAT MILK
Vegetarian option **Cauliflower and broccoli bake.**	MILK WHEAT MUSTARD RYE BARLEY OAT EGG SOY CELERY

Week 4 Thursday and Friday

Thursday

Meal or option	Confirmed allergens
Main meal **Beef goulash served with rice and mixed vegetables.**	SOYA
Vegetarian option **Quorn bolognese.**	BARLEY EGG

Friday

Meal or option	Confirmed allergens
Main meal **Tandoori chicken served with a wrap, shredded lettuce, sweetcorn and a mint dip**	CEREALS GLUTEN WHEAT EGG MILK
Vegetarian option **Quorn Goujons**	CEREALS GLUTEN WHEAT