

Adapted Menu Verification Information

Common allergens/intolerances away from the known 'main 14':

Fruit

Berries (strawberry, raspberry)

Kiwi

Apple

Banana

Citrus

Vegetables

Nightshade – Aubergine, Potatoes, Spices, Peppers,

Pulses and Legumes – Beans, Peas, Lentils, GUMs

Onions and Leeks

Miscellaneous

Citric Acid

Artificial Flavours

Artificial Sweeteners

Dry Eater menus can be provided to those with additional learning support needs only, we can not provide menus for fussy eaters.

Indicators of Fussy Eater Request

- Where specific foods are listed e.g. fish fingers or sausages
- Multiple vegetables e.g. carrots, sweetcorn, peas

