

North Wolds Federation Allergen List Autumn 2016

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| **Autumn Term Menu Week 1 Allergens (Allergens are bold text in brackets)** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Cottage Pie**(Minced Beef, Carrots, Peas, Onions, Gravy Granules, Mash Potato **MILK**, Cheese **MILK**)  | **Chicken Curry**(Diced Chicken, Onions, Garlic, Garam Masala, Chopped Tomatoes, Peppers, Curry Paste and Seasoning) | **Lincolnshire Sausages in Gravy**(Sausages **WHEAT**, Gravy) | **Homemade Steak Pie with a Short Crust Pastry Top**(Stewing Beef, Gravy, Onion, Seasoning, Flour **WHEAT**, Margarine **MILK**, Water, **EGGS**) | **Salmon and Broccoli Bake**(Salmon **FISH**, Broccoli, Pasta **WHEAT, MILK,** Flour **WHEAT**, Margarine **MILK**, Seasoning and Mixed Herbs) |
| **MAIN 2** | **Gardener Pie**(Swede, Turnip, Onion, Peas, Carrots, Vegetarian Gravy Granules, Mash Potatoes **MILK**, Cheese **MILK)** | **Vegetable and Lentil Curry**(Lentils, Onions, Garlic, Peppers, Mushrooms, Chopped Tomatoes, Garam Masala, Curry Paste and Seasoning) | **Quorn Sausages in Gravy**(Quorn Sausages **EGGS**,Gravy) | **Cheese Omelette**(Cheese **MILK, EGGS, MILK**) | **Pasta in Tomato Sauce**(Pasta **WHEAT**, Chopped Tomatoes, Tomato Puree, Onions, Garlic and Mixed Herbs) |
| **MAIN 3** | **Jacket potato with Tuna Mayonnaise**(Potato baked with skin on, Tuna **FISH**, Mayonnaise **EGGS, MUSTARD**) | **Jacket Potato with Baked Beans**(Potato baked with skin on, Baked beans) | **Jacket Potato with Chicken Mayonnaise**(Potato baked with skin on, Chicken, Mayonnaise **EGGS, MUSTARD**) | **Jacket Potato with Cheese**(Potato Baked with skin on, Cheese **MILK**) | **Jacket Potato with Cheese and Baked Beans**(Potato Baked with skin on, Cheese **MILK**, Baked Beans) |
| **ACC1** | **Broccoli** | **Homemade Naan Bread**(Flour **WHEAT**, **MILK**, Bicarbonate Soda, Seasoning, Vegetable Oil, Sugar) | **New Potatoes** | **Homemade Potato Wedges**(Potatoes cooked in Vegetable oil) | **Carrots** |
| **ACC**  | **Cabbage** | **Rice****Broccoli** | **Carrots****Peas** | **Peas****Sweetcorn** | **Cabbage** |
| **DES 1** | **Apple Sponge**(Apples, Sugar, Margarine **MILK**, **EGGS**, Flour **WHEAT**) | **Yoghurt**(Low Fat Yoghurt **MILK**) | **Apple and Rhubarb Crumble and custard**(Apple, Rhubarb, Flour **WHEAT**, Sugar, Margarine **MILK**, Custard **MILK, EGGS**) | **Ice Cream**(Ice Cream **MILK, EGGS**) | **Chocolate Brownie**(Butter **MILK**, Coco Powder, Flour **WHEAT,**  Sugar, **EGGS**) |
| **DES 2** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) |

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| **Autumn Term Menu Week 2 Allergens (Allergens are in bold text in brackets)** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Pork Meatballs and Spaghetti in a Tomato Sauce**(Pork, Seasoning, **WHEAT**, **EGGS,** Spaghetti **WHEAT**, Onions, Garlic, Chopped Tomatoes) | **Spaghetti Bolognaise**(Mince Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Tomato Puree, Spaghetti **WHEAT**) | **Roast Chicken and Stuffing**(Chicken, Gravy, Stuffing **WHEAT**) | **Cheese and Ham Pizza**(Cheese **MILK**, Ham, Flour **WHEAT**, Margarine **MILK**, Yeast, Sugar, Water, Chopped Tomatoes, Onions, Garlic, Mixed Herbs) | **Fish Fingers**(**FISH**, Bread crumbs **WHEAT**, **EGGS**) |
| **MAIN 2** | **Roasted Vegetable Pasta Bake**(Courgette, Peppers, Onions, Chopped Tomatoes, Garlic, Mixed Herbs, Pasta **WHEAT**, Cheese **MILK**) | **Macaroni Cheese**(Pasta **WHEAT**, Cheese **MILK**, Seasoning, Margarine **MILK**, Flour **WHEAT, MILK**) | **Quorn Roast and Stuffing**(Quorn **EGG**, Stuffing **WHEAT**) | **Quorn and Vegetable Risotto**(Quorn **EGG**, Onion, Garlic, Peppers, Courgette, Tomatoes, Mushrooms, Rice, Vegetable Stock) | **Cheese and Broccoli Bake**(Cheese **MILK**, Broccoli, Potatoes, Seasoning, **MILK,** Margarine **MILK**, Flour **WHEAT**) |
| **MAIN 3** | **Jacket Potato with Cheese**(Potato baked with skin on, Cheese **MILK**) | **Jacket Potato with Chicken Mayonnaise**(Potato baked with skin on, Chicken, Mayonnaise **EGG, MUSTARD**) | **Jacket Potato with Cheese**(Potato baked with skin on, Cheese **MILK**) | **Jacket Potato with Baked Beans**(Potato baked with skin on, Baked Beans) | **Jacket Potato with Baked Beans**(Potato baked with skin on, Baked Beans) |
| **ACC 1** | **Homemade Garlic Bread**(Flour **WHEAT**, Margarine **MILK**, Yeast, Sugar, Water, Garlic, Mixed Herbs) | **Cabbage** | **New Potatoes** | **Sweetcorn** | **Homemade Potato Wedges**(Potatoes cooked in Vegetable Oil) |
| **ACC 2** | **Cabbage****Peas** | **Broccoli** | **Broccoli****Carrots** | **Cabbage** | **Peas****Baked Beans** |
| **DES 1** | **Fruit Platter** | **Squidgy Chocolate and Pear Pudding**(Butter **MILK**, Sugar, **EGGS**, Flour **WHEAT**, Coco Powder, Pears) | **Jelly and Custard**(Jelly Crystals, Water, Custard **MILK, EGG**) | **Yoghurt**(Low Fat Yoghurt **MILK**) | **Lemon Drizzle Cake**(Lemons, Flour **WHEAT**, Sugar, Margarine **MILK**, **EGGS**) |
| **DES 2** | **Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) |

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| **Autumn Term Menu Week 3 Allergens (Allergens are in bold text in brackets)** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Beef Lasagne**(Minced Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Tomato Puree, Pasta **WHEAT**, **MILK,** Margarine **MILK**, Flour **WHEAT**, Cheese **MILK**) | **Sweet and Sour Chicken**(Chicken, Pineapple, Peppers, Carrots, Tomatoes, Garlic, Sugar, Tomato Ketchup, Cornflour, Water)  | **Chicken Casserole and Yorkshire Pudding**(Chicken, Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding **WHEAT, MILK, EGG**) | **Beef Burgers**(Minced Beef, Onions, **EGG**, Seasoning, Flour **WHEAT**) | **Fish Cakes (Salmon and Haddock)**(**FISH**, Breadcrumbs **WHEAT**, Flour **WHEAT, EGG**) |
| **MAIN 2** | **Lentil and Vegetable Lasagne**(Lentils, Onions, Courgette, Peppers, Chopped Tomatoes, Garlic, Seasoning, Pasta **WHEAT**, Cheese **MILK**) | **Quorn Sweet and Sour**(Quorn **EGG**, Pineapple, Peppers, Carrots, Tomatoes, Garlic, Sugar, Tomato Ketchup, Cornflour, Water) | **Quorn Casserole and Yorkshire Pudding**(Quorn **EGG**, Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding **WHEAT, MILK, EGG**) | **Leek and Potato Pie in a White Sauce, topped with Cheese**(Leek, Potato, Margarine **MILK**, **MILK**, Flour **WHEAT**, Cheese **MILK**) | **Spanish Omelette**(Potato, Peppers, Chives, Onions, Cheese **MILK, EGGS**) |
| **MAIN 3** | **Jacket Potato with Tuna Mayonnaise**(Potato baked with skin on, Tuna **FISH**, Mayonnaise **EGG, MUSTARD**) | **Jacket Potato with Tuna Mayonnaise**(Potato baked with skin on, Tuna **FISH**, Mayonnaise **EGG, MUSTARD**) | **Jacket Potato with Chicken Mayonnaise**(Potato baked with skin on, Chicken, Mayonnaise **EGG, MUSTARD**) | **Jacket Potato with Cheese**(Potato baked with skin on, Cheese **MILK**) | **Jacket Potato with Baked Beans**(Potato baked with skin on, Baked Beans) |
| **ACC****1** | **Homemade Garlic Bread**(Garlic, Mixed Herbs, Flour **WHEAT**, Yeast, Sugar, Water, Margarine **MILK**) | **Noodles**(**WHEAT**) | **Roast Potatoes**(Potatoes cooked in Vegetable Oil) | **Homemade Potato Wedges**(Potatoes cooked in Vegetable Oil) | **New Potatoes** |
| **ACC****2** | **Peas****Sweetcorn** | **Broccoli****Carrots** | **Leeks****Broccoli** | **Peas****Baked Beans** | **Carrots****Salad** |
| **DES****1** | **Apple Flapjack**(Apples, Oats, Sugar, Golden Syrup, Margarine **MILK**) | **Fruity Muffins**(Dried Mixed Fruit, **EGGS**, Sugar, Flour **WHEAT**, **MILK**, Vegetable Oil) | **Cookies**(Flour **WHEAT**, Sugar, Margarine **MILK, EGGS**, Coco Powder) | **Chocolate Custard**(**MILK, EGGS**, Sugar, Coco Powder, Cornflour) | **Coconut and Jam Sponge**(Butter **MILK**, Sugar, Flour **WHEAT**, **EGGS**, Jam, Coconut) |
| **DES** **2** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK**) |