



North Wolds Federation Allergen List Spring 2017

Spring Menu – Week One Allergies List – Allergens in Bold Text in Brackets					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main one</b>	<b>Chicken, Bacon and Cheese Pasta Bake</b> (Chicken, Bacon, Cheese <b>MILK</b> , Onions, Tomatoes, Mixed Herbs, Garlic, Pasta <b>WHEAT</b> )	<b>Chilli Con Carne</b> (Mince Beef, Onions, Tomatoes, Chilli Powder, Mixed Herbs, Garlic, Baked Beans, Seasoning)	<b>Beef Stew and Yorkshire Pudding</b> (Stewing Beef, Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding <b>WHEAT, EGGS, MILK</b> )	<b>Lincolnshire Sausages in Onion Gravy</b> (Lincolnshire Sausages <b>WHEAT</b> , Gravy, Onions)	<b>Fish Fingers</b> ( <b>FISH</b> , Breadcrumbs <b>WHEAT, EGG</b> )
<b>Main two</b>	<b>Roasted Vegetable and Lentil Pasta Bake</b> (Peppers, Onions, Mushrooms, Courgette, Lentils, Garlic, Mixed Herbs, Tomatoes, Pasta <b>WHEAT</b> )	<b>5 Bean Chilli (Vegetarian)</b> (Kidney Beans, Cannelloni Beans, Mixed Beans, Onions, Garlic, Chilli Powder, Paprika, Tomatoes)	<b>Quorn Stew and Yorkshire Pudding</b> (Quorn <b>EGG</b> , Yorkshire Pudding <b>WHEAT, MILK, EGGS</b> )	<b>Quorn Sausages in Onion Gravy</b> (Quorn Sausages <b>EGGS</b> , Onion, Gravy)	<b>Cheese Omelette</b> (Cheese <b>MILK, EGGS, MILK</b> )
<b>Main three</b>	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGGS, MUSTARD</b> )	<b>Jacket Potato with Chicken Mayonnaise</b> (Potato Baked with Skin on, Chicken, Mayonnaise <b>EGGS, MUSTARD</b> )	<b>Jacket Potato with Cheese</b> (Potato Baked with Skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Baked Beans</b> (Potato Baked with Skin on, Baked Beans)	<b>Jacket Potato with Cheese and Baked Beans</b> (Potato Baked with Skin on, Cheese <b>MILK</b> , Baked Beans)
<b>Accompaniment one</b>	<b>Homemade Garlic Bread</b> (Flour <b>WHEAT</b> , Sugar, Yeast, Margarine <b>MILK</b> , Garlic, Mixed Herbs)	<b>Rice</b>	<b>Roast Potatoes</b> (Potatoes cooked in Vegetable Oil)	<b>New Potatoes</b>	<b>Homemade Potato Wedges</b> (Potatoes cooked in Vegetable Oil)
<b>Accompaniment two</b>	<b>Peas</b> <b>Sweetcorn</b>	<b>Salad</b> <b>Carrots</b>	<b>Sweetcorn</b> <b>Cabbage</b>	<b>Carrots</b> <b>Peas</b>	<b>Peas</b> <b>Baked Beans</b>
<b>Dessert one</b>	<b>Chocolate Custard</b> ( <b>MILK, EGGS</b> , Sugar, Coco Powder)	<b>Yoghurt</b>	<b>Ice Cream</b> (Ice Cream <b>MILK, EGGS</b> )	<b>Apple Crumble and Custard</b> (Apples, Flour <b>WHEAT</b> , Sugar, Margarine <b>MILK</b> , Custard <b>MILK, EGGS</b> )	<b>Chocolate Orange Cake</b> (Flour <b>WHEAT</b> , Sugar, <b>EGGS</b> , Margarine <b>MILK</b> , Coco Powder, Oranges, Orange Essence)
<b>Dessert two</b>	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )

Spring Menu – Week Two Allergies List – Allergens in Bold Text in Brackets					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main one</b>	<b>Beef Lasagne</b> (Minced Beef, Onions, Chopped Tomatoes, Garlic, Mixed Herbs, Flour <b>WHEAT</b> , <b>MILK</b> , Margarine <b>MILK</b> , Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Cheese and Ham Pizza</b> (Cheese <b>MILK</b> , Ham, Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Yeast, Sugar, Mixed Herbs, Chopped Tomatoes, Onions, Garlic)	<b>Roast Gammon and Yorkshire Pudding</b> (Gammon, Gravy, Yorkshire Pudding <b>WHEAT</b> , <b>MILK</b> , <b>EGGS</b> )	<b>Hot Dog (Lincolnshire Sausage)</b> (Lincolnshire Sausages <b>WHEAT</b> , Bread Roll <b>WHEAT</b> , <b>MILK</b> )	<b>Fish Fillet (in a breadcrumb coating)</b> ( <b>FISH</b> , Breadcrumbs <b>WHEAT</b> , <b>EGGS</b> , <b>MILK</b> )
<b>Main two</b>	<b>Macaroni Cheese</b> (Pasta <b>WHEAT</b> , <b>MILK</b> , Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Cheese <b>MILK</b> )	<b>Lentil and Vegetable Risotto</b> (Lentils, Mushrooms, Onions, Peppers, Peas, Chopped Tomatoes, Garlic, Mixed Herbs, Rice)	<b>Quorn Roast and Yorkshire Pudding</b> (Quorn <b>EGG</b> , Yorkshire Pudding <b>WHEAT</b> , <b>MILK</b> , <b>EGGS</b> )	<b>Quorn Hot Dog</b> (Quorn Sausage <b>EGG</b> , Bread Roll <b>WHEAT</b> , <b>MILK</b> )	<b>Spring Onion Tart (short crust pastry base)</b> (Spring Onions, Seasoning, Cheese <b>MILK</b> , <b>EGGS</b> , <b>MILK</b> , Pastry <b>WHEAT</b> , <b>MILK</b> )
<b>Main three</b>	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGGS</b> , <b>MUSTARD</b> )	<b>Jacket Potato with Baked Beans</b> (Potato Baked with Skin on, Baked Beans)	<b>Jacket Potato with Cheese</b> (Potato Baked with Skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Chicken Mayonnaise</b> (Potato Baked with Skin on, Chicken, Mayonnaise <b>EGGS</b> , <b>MUSTARD</b> )	<b>Jacket Potato with Cheese and Baked Beans</b> (Potato Baked with Skin on, Cheese <b>MILK</b> , Baked Beans)
<b>Accompaniment one</b>	<b>Peas</b>	<b>Sweetcorn</b>	<b>Mashed Potatoes</b> (Potatoes, Margarine <b>MILK</b> )	<b>Homemade Potato Wedges</b> (Potatoes cooked in Sunflower Oil)	<b>New Potatoes</b>
<b>Accompaniment two</b>	<b>Cabbage</b>	<b>Peas</b>	<b>Carrots</b> <b>Leeks</b>	<b>Peas</b> <b>Baked Beans</b>	<b>Carrots</b> <b>Peas</b>
<b>Dessert one</b>	<b>Mixed Berry Sponge Cake</b> (Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT</b> , <b>EGGS</b> , Mixed Fruit)	<b>Fruit Platter</b>	<b>Apple and Rhubarb Granola</b> (Oats, Margarine <b>MILK</b> , Sugar, Golden Syrup, Apple, Rhubarb)	<b>Jelly and Custard</b> (Jelly Crystals, Water, Custard <b>EGG</b> , <b>MILK</b> )	<b>Ginger Sponge Cake</b> (Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT</b> , <b>EGGS</b> , Ginger Spice)
<b>Dessert two</b>	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )

Spring Menu – Week Three Allergies List – Allergens in Bold Text in Brackets					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main one</b>	<b>Pork and Beef Meatballs, with Spaghetti in a Tomato Sauce</b> (Pork, Beef, Spaghetti <b>WHEAT, EGGS</b> , Chopped Tomatoes, Onions, Garlic, Mixed Herbs)	<b>Chicken, Leek and Potato Pie in a White Sauce topped with Cheese</b> (Chicken, Leeks, Potato, Flour <b>WHEAT</b> , Margarine <b>MILK, MILK</b> , Cheese <b>MILK</b> )	<b>Roast Pork and Stuffing Ball</b> (Pork, Stuffing Balls <b>WHEAT, EGGS</b> , Gravy)	<b>BBQ Chicken Wraps</b> (Chicken, BBQ Sauce, Wraps <b>WHEAT, MILK, EGG</b> )	<b>Salmon Risotto</b> (Salmon <b>FISH</b> , Onions, Peas, Seasoning, Rice)
<b>Main two</b>	<b>Quorn Mince Bolognese and Spaghetti</b> (Quorn <b>EGG</b> , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Spaghetti <b>WHEAT</b> )	<b>Cheese and Vegetable Crumble</b> (Cheese <b>MILK</b> , Carrots, Peas, Swede, Potatoes, Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Seasoning)	<b>Quorn Roast and Stuffing Ball</b> (Quorn <b>EGG</b> , Stuffing Balls <b>WHEAT, EGG</b> , Gravy)	<b>Cheese and Onion Quiche</b> (Cheese <b>MILK</b> , Onion, <b>MILK, EGG</b> , Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Water, Seasoning)	<b>Lentil, Tomato and Pepper Pasta Bake</b> (Lentils, Chopped Tomatoes, Garlic, Onion, Peppers, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )
<b>Main three</b>	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGGS, MUSTARD</b> )	<b>Jacket Potato and Baked Beans</b> (Potato Baked with Skin on, Baked Beans)	<b>Jacket Potato with Cheese</b> (Potato Baked with Skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGGS, MUSTARD</b> )	<b>Jacket Potato with Cheese and Baked Beans</b> (Potato Baked with Skin on, Cheese <b>MILK</b> , Baked Beans)
<b>Accompaniment one</b>	<b>Homemade Garlic Bread</b> (Flour <b>WHEAT</b> , Yeast, Sugar, Margarine <b>MILK</b> , Garlic, Mixed Herbs)	<b>Carrots</b>	<b>New Potatoes</b>	<b>Homemade Potato Wedges</b> (Potatoes Cooked in Sunflower Oil)	<b>Broccoli</b>
<b>Accompaniment two</b>	<b>Peas Sweetcorn</b>	<b>Cabbage</b>	<b>Carrots Cauliflower</b>	<b>Peas Salad</b>	<b>Sweetcorn</b>
<b>Dessert one</b>	<b>Sultana Sponge Cake</b> (Flour <b>WHEAT</b> , Sugar, <b>EGGS</b> , Margarine <b>MILK</b> , Sultanas)	<b>Fruit Platter</b>	<b>Fruity Flapjack</b> (Oats, Sugar, Margarine <b>MILK</b> , Golden Syrup, Mixed Dried Fruit)	<b>Victoria Sponge Cake</b> (Flour <b>WHEAT, EGGS</b> , Sugar, Margarine <b>MILK</b> , Jam, Icing Sugar, <b>MILK</b> )	<b>Chocolate Fudge Cake</b> (Flour <b>WHEAT, EGGS</b> , Sugar, Margarine <b>MILK</b> , Coco, Icing Sugar, <b>MILK</b> )
<b>Dessert two</b>	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )