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| **Autumn Menu-Week One Allergy List – Allergens in Bold Text in Brackets.** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Spaghetti Carbonara Bake**(Onions, Bacon, Mushrooms, Mixed Herbs, Garlic, Pasta **WHEAT**, **MILK**, Flour **WHEAT**, Margarine **MILK**, Cheese **MILK(** | **Cheese and Tomato Pizza**(Cheese **MILK**, Chopped Tomatoes, Garlic, Mixed Herbs, Onions, Flour **WHEAT**, Yeast, Sugar, Margarine **MILK(** | **Roast Chicken and Stuffing**(Chicken, Gravy, Stuffing **WHEAT, EGG(** | **Meatballs in a Tomato Sauce served with Spaghetti**(Pork and Beef Meatballs **WHEAT**, Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Spaghetti **WHEAT(** | **Fish Fingers****(FISH**, Breadcrumbs **WHEAT**, Flour **WHEAT, EGGS(** |
| **MAIN 2** | **Macaroni Cheese**(Cheese **MILK**, Pasta **WHEAT**, Mixed Herbs, Garlic, **MILK**, Flour **WHEAT**, Margarine **MILK(** | **Roasted Vegetable and Lentil Risotto in a Tomato Sauce**(Courgette, Onions, Peppers, Chopped Tomatoes, Garlic, Mixed Herbs, Lentils, Rice( | **Quorn Roast and Stuffing**(Quorn **EGG,** Gravy, Stuffing **WHEAT, EGG(** | **Baked Bean Flan**(Baked Beans, Cheese **MILK**, Flour **WHEAT**, Margarine **MILK**, Water( | **Cheese Pinwheel**(Cheese **MILK**, **EGG**, Mash Potato **MILK**, Seasoning, Pastry **WHEAT, MILK)** |
| **MAIN 3** | **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 Cheese and Baked Beans**(Potato Baked with Skin on, Cheese **MILK**, Baked Beans) | **Jacket Potato with Baked Beans**(Potato Baked with Skin on, Baked Beans) |
| **ACCOMPANIMENT 1** | **Homemade Garlic Bread**(Flour **WHEAT**, Yeast, Sugar, Margarine **MILK**, Garlic, Mixed Herbs) | **Raw Carrot Sticks** | **New Potatoes** | **Sweetcorn** | **Homemade Potato Wedges**(Potatoes Cooked in Sunflower Oil) |
| **ACCOMPANIMENT 2** | PeasBroccoli | PeasSweetcorn | CarrotsPeas | Broccoli | Baked BeansPeas |
| **DESSERT 1** | **Yoghurt**(Low Fat Yoghurt **MILK(** | **Chocolate Cake**(Cocoa Powder, Sugar, Flour **WHEAT, EGGS**, Margarine **MILK)** | **Jelly and Custard**(Jelly Crystals, Water, Custard **MILK, EGG)** | **Apple Crumble and Custard**(Apples, Sugar, Flour **WHEAT**, Margarine **MILK**, Custard **MILK, EGG)** | **Victoria Sponge Cake**(Flour **WHEAT**, Sugar, **EGGS**, Margarine **MILK**, Icing Sugar, Jam, Margarine **MILK, MILK**) |
| **DESSERT 2** | **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)** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK)** |

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| **Autumn Menu-Week Two Allergy List – Allergens in Bold Text in Brackets.** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Bolognaise Pasta Bake**(Minced Beef, Onions, Garlic, Chopped Tomatoes, Mixed Herbs, Pasta **WHEAT**, Cheese **MILK)** | **Sweet and Sour Chicken**(Chicken, Onion, Pineapple, Peppers, Carrots in a Sweet and Sour Sauce) | **Beef and Potato Pie topped with Short Crust Pastry**(Beef, Onion, Gravy, Potato, Pastry **WHEAT, MILK, EGG)** | **Hot Dog (Lincolnshire Sausage)**(Lincolnshire Sausage **WHEAT**, Hot Dog bun **WHEAT)** | **Salmon and Cod Fishcakes**(Salmon and Cod **FISH**, Potato, Seasoning,Breadcrumbs **WHEAT, EGGS)** |
| **MAIN 2** | **Roasted Vegetable and Lentil Pasta Bake**(Courgette, Mushrooms, Onions, Garlic, Mixed Herbs, Peppers, Chopped Tomatoes, Lentils, Pasta **WHEAT**, Cheese **MILK)** | **Quorn Fillet in Sweet and Sour Sauce**(Quorn **EGG,** Onion, Pineapple, Peppers, Carrots in a Sweet and Sour Sauce) | **Quorn Roast**(Quorn **EGG**, Gravy) | **Quorn Dog**(Quorn Sausage **EGG**, Hot Dog Bun **WHEAT)** | **Spanish Omelette**(Potato, Peppers, Onion, Chives, **EGG, MILK**, Cheese **MILK)** |
| **MAIN 3** | **Jacket Potato with Tuna Mayonnaise**(Potato Baked with Skin on, Tuna **FISH**, Mayonnaise **MUSTARD, EGG)** | **Jacket Potato with Baked Beans**(Potato Baked with Skin on, Baked Beans) | **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 Cheese**(Potato Baked with Skin on, Cheese **MILK)** |
| **ACCOMPANIMENT 1** | **Homemade Garlic Bread**(Sugar, Yeast, Mixed Herbs, Garlic, Flour **WHEAT**, Margarine **MILK)** | **Rice** | **Carrots** | **Homemade Potato Wedges**(Potatoes Cooked in Sunflower Oil) | **Sweet Potato** |
| **ACCOMPANIMENT 2** | SweetcornCabbage | PeasBroccoli | Peas | PeasBaked Beans | CarrotsSalad |
| **DESSERT 1** | **Apple and Rhubarb Granola**(Apples, Rhubarb, Sugar, Oats **WHEAT**, Margarine **MILK**, Golden Syrup) | **Yoghurt**(Low Fat Yoghurt **MILK)** | **Ice Cream****(MILK, EGGS)** | **Pear and Cocoa Sponge**(Pears, Cocoa Powder, Sugar, **EGGS**, Margarine **MILK**, Flour **WHEAT)** | **Chocolate Fudge Cake**(Cocoa Powder, Icing Sugar, Margarine **MILK, MILK, EGGS**, Flour **WHEAT)** |
| **DESSERT 2** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK)** | **Fruit Platter** | **Fruit Platter or Yoghurt**(ow Fat Yoghurt **MILK)** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK)** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK)** |

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|  **Autumn Menu-Week Three Allergy List – Allergens in Bold Text in Brackets.** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Chicken and Ham Pasta Bake**(Chicken, Ham, Onion, Garlic, Chopped Tomatoes, Mixed Herbs, Pasta **WHEAT**, Cheese **MILK)** | **BBQ Chicken Wraps**(Chicken, BBQ Sauce, Wraps **WHEAT)** | **Roast Gammon and Yorkshire Pudding**(Gammon, Gravy, Yorkshire Pudding **WHEAT, MILK, EGG)** | **Lincolnshire Sausages in Gravy**(Sausages **WHEAT**, Gravy) | **Fish Fillet in Breadcrumbs****(FISH**, Breadcrumbs **WHEAT, EGG, MILK)** |
| **MAIN 2** | **Spinach, Roasted Vegetable and Lentil Lasagne**(Spinach, Courgette, Peppers, Onion, Garlic, Mixed Herbs, Chopped Tomatoes, Lentils, Pasta **WHEAT**, Flour **WHEAT, MILK**, Margarine **MILK**, Cheese **MILK)** | **Mushroom Risotto**(Mushrooms, Seasoning, Onions, Vegetable Stock, Rice) | **Quorn Roast and Yorkshire Pudding**(Quorn **EGG**, Gravy, Yorkshire Pudding **MILK, WHEAT, EGG)** | **Quorn Sausages in Gravy**(Quorn **EGG**, Gravy) | **Cheese Omelette**(Cheese **MILK, EGGS, MILK**, Seasoning) |
| **MAIN 3** | **Jacket Potato with Cheese**(Potato Baked with Skin on, Cheese **MILK)** | **Jacket Potato with Tuna Mayonnaise**(Potato Baked with Skin on, Tuna **FISH**, Mayonnaise **MUSTARD, EGG)** | **Jacket Potato with Tuna Mayonnaise**(Potato Baked with Skin on, Tuna **FISH**, Mayonnaise **MUSTARD, EGG)** | **Jacket Potato with Cheese**(Potato Baked with Skin on, Cheese **MILK)** | **Jacket Potato with Baked Beans**(Potato Baked with Skin on, Baked Beans) |
| **ACCOMPANIMENT 1** | **Homemade Garlic Bread**(Yeast, Sugar, Garlic, Mixed Herbs, Flour **WHEAT**, Margarine **MILK)** | **Homemade Potato Wedges**(Potatoes cooked in Sunflower Oil) | **Homemade Roast Potatoes**(Potatoes Cooked in Sunflower Oil) | **New Potatoes** | **Salad** |
| **ACCOMPANIMENT 2** | BroccoliSweetcorn | SaladPeas | CarrotsPeas | CauliflowerPeas | Sweet PotatoSweetcorn |
| **DESSERT 1** | **Yoghurt**(Low Fat Yoghurt **MILK)** | **Lemon Drizzle Cake**(Lemon, Sugar, Flour **WHEAT**, Margarine **MILK, EGGS)** | **Artic Ice Cream Roll**(Ice Cream **MILK, EGGS**, Flour **WHEAT**, Sugar, Margarine **MILK, EGGS)** | **Apple and Raspberry Flapjack** (Apples, Raspberries, Oats **WHEAT**, Sugar, Margarine **MILK**, Golden Syrup) | **Chocolate Orange Cake**(Cocoa Powder, Orange Essence, Sugar, Flour **WHEAT, EGGS**, Margarine **MILK)** |
| **DESSERT 2** | **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)** | **Fruit Platter or Yoghurt**(Low Fat Yoghurt **MILK)** |