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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** | Peas  Broccoli | Peas  Sweetcorn | Carrots  Peas | Broccoli | Baked Beans  Peas |
| **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** | Sweetcorn  Cabbage | Peas  Broccoli | Peas | Peas  Baked Beans | Carrots  Salad |
| **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** | Broccoli  Sweetcorn | Salad  Peas | Carrots  Peas | Cauliflower  Peas | Sweet Potato  Sweetcorn |
| **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)** |