



Spring 2018 Allergy Sheet-Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Chicken, Bacon and Cheese Pasta Bake (Chicken, Bacon, Cheese MILK , Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Pasta WHEAT)	Beef Stew and Yorkshire Pudding (Stewing Beef, Gravy Granules, Onion, Carrots, Peas, Potatoes, Swede, Yorkshire Pudding MILK, WHEAT, EGG)	Roast Pork and Stuffing Ball (Pork, Gravy Granules, Stuffing Ball WHEAT, EGG)	Hot Dogs (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Hot Dog Roll WHEAT, MILK)	Salmon Fillet in a Tomato Sauce (Salmon FISH , Chopped Tomatoes, Garlic, Mixed Herbs)
MAIN 2	Roasted Vegetable and Lentil Pasta Bake (Courgette, Pepper, Mushrooms, Onions, Chopped Tomatoes, Garlic, Mixed Herbs, Lentils, Pasta WHEAT , Cheese MILK)	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, Garlic, Onions, Mixed Herbs, Flour WHEAT , Sugar, Margarine MILK , Yeast, Water)	Quorn Stew and Yorkshire Pudding (Quorn EGG , Carrots, Peas, Gravy Granules, Swede, Potatoes, Yorkshire Pudding MILK, WHEAT, EGG)	Quorn Dog (Quorn Sausage EGG , Hot Dog Roll WHEAT, MILK)	Cheese Pinwheel (Cheese MILK , Potatoes, EGG , Pastry WHEAT, MILK)
MAIN 3	Jacket Potato Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGGS, MUSTARD)	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 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 (Flour WHEAT , Margarine MILK , Yeast, Sugar, Water, Garlic, Mixed Herbs)	Raw Carrot Sticks (Pizza Only)	Homemade Roast Potatoes (Potatoes Baked in Sunflower Oil)	Homemade Potato Wedges (Potatoes Baked in Sunflower Oil)	Rice
ACCOMPANIMENT 2	Carrots Cauliflower	Sweetcorn Peas	Sweetcorn Cabbage	Peas Baked Beans	Broccoli Peas
DESSERT 1	Yoghurt (Low Fat Yoghurt MILK)	Apple and Sultana Granola (Apples, Sultana, Porridge Oats WHEAT , Sugar, Margarine MILK , Golden Syrup)	Ice Cream (Ice Cream MILK, EGG)	Gingerbread and Apple Cake (Apple, Flour WHEAT, EGG , Margarine MILK , Sugar, Ground Ginger, Mixed Spice, Baking Powder, Golden Syrup)	Chocolate Orange Cake (Flour WHEAT , Margarine MILK , Sugar, EGG , Coco Powder, Orange Essence)
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)

Allergens in **Bold**



Spring 2018 Allergy Sheet-Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Chilli Con Carne (Minced Beef, Mixed Herbs, Chopped Tomatoes, Garlic, Baked Beans, Chilli Powder, Paprika)	Bolognese Pasta Bake (Minced Beef, Onions, Mixed Herbs, Chopped Tomatoes, Garlic, Pasta WHEAT , Cheese MILK)	Chicken Casserole and Yorkshire Pudding (Diced Chicken, Gravy Granules, Carrots, Peas, Onions, Sweetcorn, Yorkshire Pudding MILK , EGG , WHEAT)	Beef Burger (Burger WHEAT , EGG)	Fish Fingers (FISH , Breadcrumbs WHEAT , EGG)
MAIN 2	5 Bean Chilli (Kidney Beans, Cannelloni Beans, Mixed Beans, Onions, Garlic, Chilli Powder, Paprika, Tomatoes)	Quorn Bolognese Pasta Bake (Quorn EGG , Onions, Mixed Herbs, Chopped Tomatoes, Garlic, Pasta WHEAT , Cheese MILK)	Quorn Casserole and Yorkshire Pudding (Quorn EGG , Gravy Granules, Carrots, Peas, Onions, Sweetcorn, Yorkshire Pudding MILK , EGG , WHEAT)	Cheese Omelette (Cheese MILK , EGG , MILK)	Baked Bean Flan (Baked Beans, Cheese MILK , Flour WHEAT , Margarine MILK , Water)
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 EGG , MUSTARD)	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG , MUSTARD)	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)
ACCOMPANIMENT 1	Rice	Homemade Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Sugar, Water, Garlic, Mixed Herbs)	Homemade Roast Potatoes (Potatoes cooked in Sunflower Oil)	New Potatoes	Homemade Potato Wedges (Potatoes cooked in Sunflower Oil)
ACCOMPANIMENT 2	Peas Sweetcorn	Cabbage Carrots	Cauliflower Peas	Raw Carrot Sticks Sweetcorn Tomato Sauce Sachet	Peas Baked Beans
DESSERT 1	Yoghurt (Low Fat Yoghurt MILK)	Apple Fruit Cake (Margarine MILK , EGGS , Flour WHEAT , Sugar, Baking Powder, Mixed Spice, Apples, Sultanas, Golden Syrup)	Jelly and Custard (Jelly Crystals, Water, Custard EGG , MILK)	Berry Sponge Cake (Margarine MILK , Flour WHEAT , EGGS , Sugar, Mixed Berries)	Jam Sponge (Margarine MILK , Flour WHEAT , EGGS , Sugar, Jam)
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)

Allergens in **Bold**



Spring 2018 Allergy Sheet-Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Minced Beef Lasagne (Minced Beef, Onions, Chopped Tomatoes, Mixed Herbs, Garlic, Flour WHEAT , MILK , Margarine MILK , Pasta WHEAT , Cheese MILK)	Chicken Curry (Diced Chicken, Onions, Peppers, Chopped Tomatoes, Garlic, Mixed Herbs, Garam Masala, Tikka Paste, Curry Powder)	Steak Pie with a Short Crust Pastry Lid (Stewing Beef, Onions, Gravy, Pastry WHEAT , MILK , EGG)	Chicken Nuggets (Chicken Breast Pieces, Flour WHEAT , EGG , MILK)	Fish Fillet in Breadcrumbs (FISH , Flour WHEAT , EGG , Breadcrumbs WHEAT)
MAIN 2	Macaroni Cheese (Pasta WHEAT , Cheese MILK , Margarine MILK , MILK , Flour WHEAT , Mixed Herbs, Garlic)	Lentil and Vegetable Curry (Lentils, Onions, Peppers, Chopped Tomatoes, Garlic, Mixed Herbs, Garam Masala, Tikka Paste, Curry Powder)	Quorn Roast (Quorn Fillet EGG , Gravy)	Cheese and Onion Quiche (Cheese MILK , Onion, EGG , MILK , Seasoning, Flour WHEAT , Margarine MILK , Water)	Winter Warmer Hearty Risotto (Butternut Squash, Onion, Cinnamon, Vegetable Stock, Garlic, Rice, Peas, Sweetcorn, Lentils)
MAIN 3	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG , MUSTARD)	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 Baked Beans (Potato Baked with Skin on, Baked Beans)	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)
ACCOMPANIMENT 1	Cabbage	Homemade Naan Bread (Flour WHEAT , MILK , Sunflower Oil, Bicarbonate Soda, Mixed Herbs)	New Potatoes	Homemade Potato Wedges (Potatoes cooked in Sunflower Oil)	Sweet Potato Mash (Margarine MILK)
ACCOMPANIMENT 2	Sweetcorn	Peas Rice	Carrots Cauliflower	Baked Beans Peas	Sweetcorn Broccoli
DESSERT 1	Yoghurt (Low Fat Yoghurt MILK)	Raspberry and Coco Sponge (Raspberries, Coco Powder, Flour WHEAT , EGGS , Sugar, Margarine MILK)	Artic Ice Cream Roll (Ice Cream MILK , EGGS , Flour WHEAT , Sugar, Margarine MILK , EGGS)	Fruity Flapjack (Apples, Sultana, Porridge Oats WHEAT , Mixed Fruits, Sugar, Margarine MILK , Golden Syrup)	Victoria Sponge Cake (Icing Sugar, Jam, Flour WHEAT , Sugar, Margarine MILK , EGGS)
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)

Allergens in **Bold**