

Allergy Information January 2020 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Diced Chicken Breast, Peppers, Onion, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Tikka Paste, Garlic Puree)	Minced Beef Bolognaise Pasta Bake (Minced Beef, Chopped Tomatoes, Onions, Mixed Herbs, Garlic Puree, Pasta WHEAT , Cheese MILK)	Roast Chicken with Stuffing Ball (Chicken Breast, Gravy, Stuffing Ball – Pork Sage and Onion WHEAT)	Hot Dog (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT MILK)	Fish Squares (FISH , Breadcrumb Coating WHEAT EGG MILK)
Main 2	Vegetable and Lentil Curry (Carrots, Potatoes, Peppers, Onions, Sweetcorn, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Cheese and Tomato Pasta Bake (Cheese MILK , Chopped Tomatoes, Mixed Herbs, Garlic Puree, Pasta WHEAT)	Quorn Roast (Quorn EGG , Gravy)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Cheese Omelette (Cheese MILK , MILK , EGG , 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 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 Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Naan Bread (Flour WHEAT , MILK , Mixed Herbs, Bicarbonate of Soda, Oil, Sugar)	Cabbage	New Potatoes	Raw Carrot Sticks	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Rice Peas	Sweetcorn	Carrots Peas	Cucumber Sticks Sweetcorn Tomato Ketchup Sachet	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Mixed Berry Flapjack (Mixed Berries, Porridge Oats WHEAT , Margarine MILK , Sugar)	Ice Cream (Ice Cream MILK)	Jam and Coconut Sponge (Jam, Coconut, Flour WHEAT , Margarine MILK , EGG , Sugar)	Chocolate Fudge Cake (Icing Sugar, Coco Powder, MILK , Flour WHEAT , EGG , Margarine MILK , Sugar)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)

Allergy Information January 2020 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, Mixed Herbs, Garlic Puree, Pizza Dough WHEAT MILK)	Ham and Cheese Pasta Bake (Ham, Cheese MILK , Chopped Tomatoes, Onions, Mixed Herbs, Garlic Puree, Pasta WHEAT)	Roast Beef and Yorkshire Pudding (Beef, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Chicken Nuggets (Chicken Breast, Coating WHEAT EGG MILK)	Sticky Salmon (Salmon FISH , Soy Sauce, Ketchup, White Wine Vinegar, Sweet Chilli Sauce, Sugar)
Main 2	Quorn Bolognese Pasta (Quorn EGG , Chopped Tomatoes, Onions, Garlic Puree, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Roasted Vegetable and Lentil Pasta Bake (Courgette, Pepper, Onions, Sweetcorn, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Lentils, Pasta WHEAT , Cheese MILK)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	Baked Bean Flan (Baked Beans, Cheese MILK , Pastry WHEAT MILK)	5 Bean Vegetable Chilli (5 Bean Mixed Salad, Potato, Carrot, Sweetcorn, Onion, Chopped Tomatoes, Mixed Herbs, Garlic Puree, Chilli Powder)
Main 3	Jacket Potato Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Chicken Mayonnaise (Potato Baked with Skin on, Chicken Breast, 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 Cheese and Beans (Potato Baked with Skin on, Baked Beans, Cheese MILK)
Accompaniment 1	Raw Carrot Sticks (Main 1 only)	Broccoli	Homemade Roast Potatoes (Potatoes Cooked in Sunflower Oil)	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	Rice
Accompaniment 2	Peas Sweetcorn	Sweetcorn	Carrots Cauliflower	Baked Beans Peas	Broccoli Sweetcorn
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Sultana and Cherry Sponge Cake (Sultanas, Cherries, Flour WHEAT , Sugar, Margarine MILK, EGG)	Artic Roll (Artic Roll MILK EGG WHEAT)	Chocolate Concrete (Coco Powder, Sugar, Flour WHEAT , Margarine MILK)	Lemon Drizzle Cake (Lemon, Sugar, Margarine MILK , Flour WHEAT, EGG)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)

Allergy Information January 2020 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken and Ham Pasta Bake (Diced Chicken Breast, Ham, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Beef Stew (Stewing Beef, Leeks, Onions, Carrots, Swede, Peas, Potatoes, Broccoli, Gravy)	Roast Pork with Stuffing Ball (Roast Pork, Gravy, Stuffing Ball – Pork, Sage and Onion WHEAT)	Cheeseburger in a Bun (Beef Burger WHEAT , Bread Bun WHEAT MILK , Cheese MILK)	Fish Fingers (FISH , Breadcrumbs WHEAT EGG)
Main 2	5 Bean Casserole served with Rice (Mixed 5 Bean Salad, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Potatoes, Peppers, Onion, Rice)	Veggie Bubble and Squeak (Leeks, Carrots, Sweetcorn, Potatoes, Peas, Onions, Vegetable Stock, Margarine MILK , Gravy)	Quorn Roast (Quorn EGG , Gravy)	Quorn Burger with Cheese in a Bun (Veggie Burger WHEAT EGG , Bread Bun WHEAT MILK , Cheese MILK)	Cheese Pinwheels (Cheese MILK , Potatoes, EGG , Pastry WHEAT MILK)
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 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 Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Sweetcorn	New Potatoes	New Potatoes	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	Oven Baked Chips
Accompaniment 2	Broccoli	Cauliflower Sweetcorn	Carrots Cabbage	Raw Carrot Sticks Peas Tomato Ketchup Sachet	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Fruity Flapjack (Mixed Fruits, Porridge Oats WHEAT , Sugar, Margarine MILK)	Jelly and Custard (Jelly Crystals, Water, Custard MILK EGG)	Raspberry and Coco Sponge (Raspberries, Coco Powder, Flour WHEAT , Sugar, Margarine MILK, EGG)	Victoria Sponge Cake (Icing Sugar, Jam, Margarine MILK , Flour WHEAT , Sugar, EGG, MILK)
Dessert 2	Fresh Fruit	Fresh fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)