



Allergy Information September 2018 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Chicken, Onions, Peppers, Chopped Tomatoes, Garlic, Curry Powder, Garam Massala, Mixed Herbs)	Chicken and Bacon Pasta Bake (Chicken, Bacon, Garlic, Onions, Chopped Tomatoes, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Roast Gammon and Yorkshire Pudding (Gammon, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Hot Dog (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread roll WHEAT MILK)	Fish Fingers (FISH , Breadcrumbs WHEAT EGG)
Main 2	Lentil and Vegetable Curry (Lentils, Chopped Tomatoes, Onions, Peppers, Carrots, Potatoes, Peas, Garam Massala, Curry Powder, Mixed Herbs, Garlic)	Cauliflower Cheese and Spinach Pasta Bake (Cauliflower, Spinach, Onions, Cheese MILK , White Sauce MILK WHEAT , Pasta WHEAT)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Cheese Pinwheels (Cheese MILK , Potatoes, EGG , Pastry MILK WHEAT)
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 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)
Accompaniment 1	Homemade Naan Bread (Flour WHEAT, MILK , Sunflower oil, Mixed Herbs, Sugar, Bicarbonate of Soda)	Homemade Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Sugar, Garlic, Mixed Herbs)	New Potatoes	Raw Carrot Sticks	Homemade Potato Wedges (Potatoes cooked in sunflower oil)
Accompaniment 2	Rice Peas	Cabbage Sweetcorn	Carrots Peas	Sweetcorn Cucumber Sticks Tomato Sauce Sachet	Peas Baked Beans
Dessert 1	Yoghurt (Low fat yoghurt MILK)	Fruity Flapjack (Porridge Oats WHEAT , Sugar, Golden Syrup, Margarine MILK , Apples, Sultanas)	Ice Cream Roll (Ice Cream Roll MILK EGGS WHEAT)	Coco and Raspberry Sponge Cake (Coco, Raspberries, Margarine MILK , Flour WHEAT , Sugar, EGGS)	Chocolate Fudge cake (Coco, Icing Sugar, Margarine MILK, MILK , Flour WHEAT, EGGS , Sugar)
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**



Allergy Information September 2018 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza (Chopped Tomatoes, Garlic, Mixed Herbs, Onions, Cheese MILK , Pizza base WHEAT MILK)	Chicken Carbonara Bake (Chicken, Garlic, Mixed Herbs, Onions, Cheese MILK , Spaghetti WHEAT , White Sauce WHEAT MILK)	Beef Stew with Yorkshire Pudding (Stewing Beef, Onions, Carrots, Peas, Swede, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Chicken Nuggets (Chicken Breast Pieces, Flour WHEAT, EGG, MILK)	Salmon and Cod Fishcakes (FISH , Breadcrumbs WHEAT, EGG, MILK)
Main 2	5 Bean Chilli and Rice (Kidney Beans, Cannelloni Beans, Mixed Beans, Onions, Garlic, Chilli Powder, Paprika, Tomatoes)	Macaroni Cheese (Pasta WHEAT , Cheese MILK , White Sauce MILK WHEAT , Garlic, Mixed Herbs)	Quorn Stew and Yorkshire Pudding (Quorn EGG , Onions, Carrots, Peas, Swede, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Spicy Lentil and Roasted Vegetable Pasta Bake (Lentils, Peppers, Onions, Mushrooms, Courgette, Chilli Powder, Garlic, Mixed Herbs, Chopped Tomatoes, Cheese MILK , Pasta WHEAT)	Baked Bean Flan (Baked Beans, Cheese MILK , Pastry MILK WHEAT)
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 Cheese (Potato baked with skin on, Cheese MILK)	Jacket Potato with Baked Beans (Potato baked with skin on, Baked Beans)
Accompaniment 1	Raw Carrot Sticks (Main 1 only)	Homemade Garlic Bread (Garlic, Mixed Herbs, Flour WHEAT , Yeast, Sugar, Margarine MILK)	Homemade Roast Potatoes (Potatoes cooked in Sunflower oil)	Homemade Potato Wedges (Potatoes cooked in sunflower oil)	New Potatoes
Accompaniment 2	Sweetcorn Peas	Broccoli Sweetcorn	Cauliflower Cabbage	Peas Raw Carrot Sticks Tomato Sauce Sachet	Baked Beans Sweetcorn
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Berry Sponge Cake (Mixed Berries, Flour WHEAT , Sugar, Margarine MILK, EGG)	Ice Cream (Ice Cream MILK)	Banana and Custard (Banana, Custard MILK EGG)	Lemon Drizzle Cake (Lemons, Sugar, Flour WHEAT, EGG , Margarine MILK)
Dessert 2	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)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)

Allergens in **Bold**



Allergy Information September 2018 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	BBQ Chicken Wraps (Diced Chicken, BBQ Sauce, Wrap WHEAT)	Spaghetti and Meatballs (Pork and Beef Meatballs WHEAT , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Spaghetti WHEAT)	Roast Chicken and Stuffing (Chicken, Gravy, Stuffing balls EGG WHEAT)	Savoury Mince (Minced Beef, Onions, Carrots, Peas, Potatoes, Gravy Granuels)	Fish Fillets Coated (FISH , Coating WHEAT EGG)
Main 2	Cheese Wraps (Cheese MILK , Wraps WHEAT)	Roasted Vegetable and Lentil Pasta bake (Peppers, Mushrooms, Courgette, Onions, Lentils, Chopped Tomatoes, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Quorn Roast and Stuffing (Quorn EGG , Gravy, Stuffing Balls EGG WHEAT)	Pumpkin and Parmesan Risotto (Pumpkin, Onion, Rice, Vegetable Stock, Mixed Herbs, Garlic, Seasoning, Parmesan MILK)	Cheese Omelette (Cheese MILK , EGG , MILK , Seasoning)
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 (Potato baked with skin on, Cheese MILK)	Jacket Potato with Baked Beans (Potato baked with skin on, Baked Beans)
Accompaniment 1	Homemade Potato Wedges (Potatoes cooked in Sunflower oil)	Homemade Garlic Bread (Garlic, Mixed Herbs, Flour WHEAT , Yeast, Sugar, Margarine MILK)	New Potatoes	New Potatoes (Main 1 Only)	Homemade Potato Wedges (Potatoes cooked in sunflower oil)
Accompaniment 2	Peas Shredded Lettuce	Cauliflower Broccoli	Carrots Peas	Cabbage Sweetcorn	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Banana and Sultana Sponge (Bananas, Sultanas, Flour WHEAT , Sugar, Margarine MILK , EGG)	Jelly and Custard (Jelly Crystals, Water, Custard MILK EGG)	Apple and Raspberry Flapjack (Apple, Raspberries, Porridge Oats WHEAT , Sugar, Golden Syrup, Margarine MILK)	Jam and Coconut Sponge (Jam, Coconut, Flour WHEAT , Sugar, Margarine MILK , EGG)
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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