



### Spring 2019 Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Cheese and Ham Pizza</b> (Cheese <b>MILK</b> , Ham, Chopped Tomatoes, Garlic, Onion, Mixed Herbs, Pizza Base <b>WHEAT MILK</b> )	<b>Bolognese Pasta Bake</b> (Minced Beef, Chopped Tomatoes, Onion, Garlic, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Roast Chicken and Stuffing</b> (Chicken, Gravy, Stuffing Ball Pork, sage and onion <b>WHEAT</b> )	<b>Hot Dog (Lincolnshire Sausage)</b> (Lincolnshire Sausage <b>WHEAT</b> , Bread Roll <b>WHEAT MILK</b> )	<b>Coated Fish Fillet</b> ( <b>FISH</b> , Coating <b>WHEAT EGG</b> )
<b>Main 2</b>	<b>Cheese and Tomato Pizza</b> (Cheese <b>MILK</b> , Chopped Tomatoes, Garlic, Onions, Mixed Herbs, Pizza Base <b>WHEAT MILK</b> )	<b>Quorn Bolognese and Lentil Pasta Bake</b> (Quorn Mince <b>EGG</b> , Chopped Tomatoes, Garlic, Onions, Mixed Herbs, Lentils, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Quorn Roast</b> (Quorn Fillet <b>EGG</b> , Gravy)	<b>Quorn Dog</b> (Quorn Sausage <b>EGG</b> , Bread Roll <b>WHEAT MILK</b> )	<b>Veggie Goulash served with Rice</b> (Onion, Pepper Quorn <b>EGG</b> , Garlic, Paparika, Chopped Tomatoes, Herbs, Tomato Puree, Rice)
<b>Main 3</b>	<b>Jacket Potato with Chicken Mayonnaise</b> (Potato baked with skin on, Chicken, Mayonnaise <b>EGG MUSTARD</b> )	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato baked with skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGG MUSTARD</b> )	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Baked Beans</b> (Potato baked with skin on, Baked Beans)
<b>Accompaniment 1</b>	<b>Raw Carrot Sticks</b>	<b>Homemade Garlic Bread</b> (Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Yeast, Sugar, Water, Garlic, Mixed Herbs)	<b>New Potatoes</b>	<b>Homemade Potato Wedges</b> (Potatoes cooked in sunflower oil)	<b>New Potatoes (Main 1 Only)</b>
<b>Accompaniment 2</b>	<b>Peas Sweetcorn</b>	<b>Cabbage Cauliflower</b>	<b>Carrots Peas</b>	<b>Raw Carrot Sticks Sweetcorn Tomato Ketchup Sachet</b>	<b>Baked Beans Peas</b>
<b>Dessert 1</b>	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Apple Fruit Cake</b> (Flour <b>WHEAT</b> , Margarine <b>MILK</b> , <b>EGGS</b> , Sugar, Apples, Mixed Spice)	<b>Artic Roll</b> (Artic Roll <b>MILK EGGS WHEAT</b> )	<b>Fruity Flapjack</b> (Apples, Sultanas, Porridge Oats <b>WHEAT</b> , Sugar, Golden Syrup, Margarine <b>MILK</b> )	<b>Chocolate Orange Cake</b> (Coco Powder, Orange Essence, Flour <b>WHEAT</b> , Sugar, Margarine <b>MILK</b> , <b>EGGS</b> )
<b>Dessert 2</b>	<b>Fruit Platter</b>	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )

Allergens in **Bold**



### Spring 2019 Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Mild Chilli Con Carne</b> (Minced Beef, Chilli Powder, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans)	<b>Chicken Casserole</b> (Chicken, Gravy, Carrots, Onions, Peas, Swede)	<b>Steak Pie (Shortcrust Pastry Lid)</b> (Stewing Beef, Onion, Gravy, Pastry <b>WHEAT MILK</b> )	<b>Meatball Pasta Bake</b> (Pork and Beef Meatballs <b>WHEAT</b> , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Fish Fingers</b> ( <b>FISH</b> , Breadcrumbs <b>WHEAT EGG</b> )
<b>Main 2</b>	<b>5 Bean Chilli</b> (5 Bean Salad, Chilli Powder, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans)	<b>Winter Vegetable Hearty Risotto</b> (Seasonal Vegetables, Rice, Vegetable Stock, Seasoning)	<b>Quorn Roast</b> (Quorn Fillet <b>EGG</b> , Gravy)	<b>Roasted Vegetable and Lentil Pasta Bake</b> (Courgette, Mushrooms, Peppers, Onions, Chopped Tomatoes, Lentils, Garlic, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Cheese Pinwheel</b> (Cheese <b>MILK</b> , Potatoes, <b>EGG</b> , Pastry <b>MILK WHEAT</b> )
<b>Main 3</b>	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato baked with skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGG MUSTARD</b> )	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato baked with skin on, Tuna <b>FISH</b> , Mayonnaise <b>MUSTARD EGG</b> )	<b>Jacket Potato with Baked Beans</b> (Potato baked with skin on, Baked Beans)
<b>Accompaniment 1</b>	Rice	<b>Homemade Roast Potatoes</b> (Potatoes cooked in Sunflower Oil)	<b>New Potatoes</b>	<b>Broccoli</b>	<b>Homemade Potato Wedges</b> (Potatoes cooked in Sunflower Oil)
<b>Accompaniment 2</b>	Peas Sweetcorn	<b>Cauliflower Cabbage</b>	<b>Carrots Peas</b>	<b>Sweetcorn</b>	Peas <b>Baked Beans</b>
<b>Dessert 1</b>	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Apple Crumble and Custard</b> (Apples, Sugar, Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Custard <b>MILK EGG</b> )	<b>Ice Cream</b> (Ice Cream <b>MILK</b> )	<b>Coco and Raspberry Sponge Cake</b> (Coco Powder, Raspberries, Flour <b>WHEAT</b> , Sugar, Margarine <b>MILK, EGGS</b> )	<b>Chocolate Fudge Cake</b> (Coco Powder, Icing Sugar, <b>MILK</b> , Margarine <b>MILK</b> , Flour <b>WHEAT, EGGS</b> , Sugar)
<b>Dessert 2</b>	Fruit Platter	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )

Allergens in **Bold**



### Spring 2019 Week 3 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Chicken Curry</b> (Chicken, Onions, Peppers, Chopped Tomatoes, Garlic, Mixed Herbs, Garam Massala, Tikka Paste)	<b>Minced Beef Lasagne</b> (Minced Beef, Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta <b>WHEAT</b> , White Sauce <b>MILK WHEAT</b> , Cheese <b>MILK</b> )	<b>Roast Pork and Stuffing</b> (Pork, Gravy, Stuffing ball pork, sage and onion <b>WHEAT</b> )	<b>Chicken Nuggets</b> (Chicken, Flour <b>WHEAT</b> , <b>EGG</b> , <b>MILK</b> )	<b>Salmon and Broccoli Bake</b> (Salmon <b>FISH</b> , Broccoli, Pasta <b>WHEAT</b> , White Sauce <b>WHEAT MILK</b> , Cheese <b>MILK</b> )
<b>Main 2</b>	<b>Vegetable and Lentil Curry</b> (Peppers, Onions, Carrots, Potatoes, Lentils, Chopped Tomatoes, Mixed Herbs, Garlic, Garam Massala, Tikka Paste)	<b>Macaroni Cheese</b> (Pasta <b>WHEAT</b> , White Sauce <b>MILK WHEAT</b> , Cheese <b>MILK</b> )	<b>Quorn Roast</b> (Quorn Fillet <b>EGG</b> , Gravy)	<b>Baked Bean Flan</b> (Baked Beans, Cheese <b>MILK</b> , Pastry <b>WHEAT MILK</b> )	<b>Spanish Omelette</b> (Onion, Pepper, Potatoes, Chives, Cheese <b>MILK</b> , <b>EGG</b> , <b>MILK</b> )
<b>Main 3</b>	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato baked with skin on, Tuna <b>FISH</b> , Mayonnaise <b>MUSTARD EGG</b> )	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )	<b>Jacket Potato with Baked Beans</b> (Potato baked with skin on, Baked Beans)	<b>Jacket Potato with Cheese</b> (Potato baked with skin on, Cheese <b>MILK</b> )
<b>Accompaniment 1</b>	<b>Homemade Naam Bread</b> (Flour <b>WHEAT</b> , Baking Soda, Sugar, Mixed Herbs, Sunflower Oil, <b>MILK</b> )	<b>Homemade Garlic Bread</b> (Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Yeast, Water, Sugar, Garlic, Mixed Herbs)	<b>Yorkshire Pudding</b> (Yorkshire Pudding <b>EGG WHEAT MILK</b> )	<b>Homemade Potato Wedges</b> (Potatoes cooked in Sunflower Oil)	<b>Sweetcorn</b>
<b>Accompaniment 2</b>	<b>Rice</b> <b>Peas</b>	<b>Carrots</b> <b>Sweetcorn</b>	<b>Carrots</b> <b>Cabbage</b>	<b>Peas</b> <b>Baked Beans</b>	<b>Cauliflower</b>
<b>Dessert 1</b>	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Sultana and Cherry Cake</b> (Sultanas, Cherries, Flour <b>WHEAT</b> , <b>EGG</b> , Sugar, Margarine <b>MILK</b> )	<b>Jelly and Custard</b> (Jelly Crystals, Water, Custard <b>MILK EGG</b> )	<b>Victoria Sponge Cake</b> (Flour <b>WHEAT</b> , Margarine <b>MILK</b> , <b>EGG</b> , Sugar, Jam, Icing Sugar, <b>MILK</b> )	<b>Lemon Drizzle Cake</b> (Lemons, Sugar, Margarine <b>MILK</b> , <b>EGG</b> , Flour <b>WHEAT</b> )
<b>Dessert 2</b>	<b>Fruit Platter</b>	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruit Platter or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )

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