



North Wolds Federation Allergen List Autumn 2016

Autumn Term Menu Week 1 Allergens (Allergens are bold text in brackets)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cottage Pie (Minced Beef, Carrots, Peas, Onions, Gravy Granules, Mash Potato MILK , Cheese MILK)	Chicken Curry (Diced Chicken, Onions, Garlic, Garam Masala, Chopped Tomatoes, Peppers, Curry Paste and Seasoning)	Lincolnshire Sausages in Gravy (Sausages WHEAT , Gravy)	Homemade Steak Pie with a Short Crust Pastry Top (Stewing Beef, Gravy, Onion, Seasoning, Flour WHEAT , Margarine MILK , Water, EGGS)	Salmon and Broccoli Bake (Salmon FISH , Broccoli, Pasta WHEAT , MILK , Flour WHEAT , Margarine MILK , Seasoning and Mixed Herbs)
MAIN 2	Gardener Pie (Swede, Turnip, Onion, Peas, Carrots, Vegetarian Gravy Granules, Mash Potatoes MILK , Cheese MILK)	Vegetable and Lentil Curry (Lentils, Onions, Garlic, Peppers, Mushrooms, Chopped Tomatoes, Garam Masala, Curry Paste and Seasoning)	Quorn Sausages in Gravy (Quorn Sausages EGGS , Gravy)	Cheese Omelette (Cheese MILK , EGGS , MILK)	Pasta in Tomato Sauce (Pasta WHEAT , Chopped Tomatoes, Tomato Puree, Onions, Garlic and Mixed Herbs)
MAIN 3	Jacket potato with Tuna Mayonnaise (Potato baked with skin on, Tuna FISH , Mayonnaise EGGS , MUSTARD)	Jacket Potato with Baked Beans (Potato baked with skin on, Baked beans)	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 Cheese and Baked Beans (Potato Baked with skin on, Cheese MILK , Baked Beans)
ACC1	Broccoli	Homemade Naan Bread (Flour WHEAT , MILK , Bicarbonate Soda, Seasoning, Vegetable Oil, Sugar)	New Potatoes	Homemade Potato Wedges (Potatoes cooked in Vegetable oil)	Carrots
ACC	Cabbage	Rice Broccoli	Carrots Peas	Peas Sweetcorn	Cabbage
DES 1	Apple Sponge (Apples, Sugar, Margarine MILK , EGGS , Flour WHEAT)	Yoghurt (Low Fat Yoghurt MILK)	Apple and Rhubarb Crumble and custard (Apple, Rhubarb, Flour WHEAT , Sugar, Margarine MILK , Custard MILK , EGGS)	Ice Cream (Ice Cream MILK , EGGS)	Chocolate Brownie (Butter MILK , Coco Powder, Flour WHEAT , Sugar, EGGS)
DES 2	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	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)

Autumn Term Menu Week 2 Allergens (Allergens are in bold text in brackets)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Pork Meatballs and Spaghetti in a Tomato Sauce (Pork, Seasoning, WHEAT , EGGS , Spaghetti WHEAT , Onions, Garlic, Chopped Tomatoes)	Spaghetti Bolognaise (Mince Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Tomato Puree, Spaghetti WHEAT)	Roast Chicken and Stuffing (Chicken, Gravy, Stuffing WHEAT)	Cheese and Ham Pizza (Cheese MILK , Ham, Flour WHEAT , Margarine MILK , Yeast, Sugar, Water, Chopped Tomatoes, Onions, Garlic, Mixed Herbs)	Fish Fingers (FISH , Bread crumbs WHEAT , EGGS)
MAIN 2	Roasted Vegetable Pasta Bake (Courgette, Peppers, Onions, Chopped Tomatoes, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Macaroni Cheese (Pasta WHEAT , Cheese MILK , Seasoning, Margarine MILK , Flour WHEAT , MILK)	Quorn Roast and Stuffing (Quorn EGG , Stuffing WHEAT)	Quorn and Vegetable Risotto (Quorn EGG , Onion, Garlic, Peppers, Courgette, Tomatoes, Mushrooms, Rice, Vegetable Stock)	Cheese and Broccoli Bake (Cheese MILK , Broccoli, Potatoes, Seasoning, MILK , Margarine MILK , Flour WHEAT)
MAIN 3	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)	Jacket Potato with Baked Beans (Potato baked with skin on, Baked Beans)
ACC 1	Homemade Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Sugar, Water, Garlic, Mixed Herbs)	Cabbage	New Potatoes	Sweetcorn	Homemade Potato Wedges (Potatoes cooked in Vegetable Oil)
ACC 2	Cabbage Peas	Broccoli	Broccoli Carrots	Cabbage	Peas Baked Beans
DES 1	Fruit Platter	Squidgy Chocolate and Pear Pudding (Butter MILK , Sugar, EGGS , Flour WHEAT , Coco Powder, Pears)	Jelly and Custard (Jelly Crystals, Water, Custard MILK , EGG)	Yoghurt (Low Fat Yoghurt MILK)	Lemon Drizzle Cake (Lemons, Flour WHEAT , Sugar, Margarine MILK , EGGS)
DES 2	Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)

Autumn Term Menu Week 3 Allergens (Allergens are in bold text in brackets)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Beef Lasagne (Minced Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Tomato Puree, Pasta WHEAT, MILK , Margarine MILK , Flour WHEAT , Cheese MILK)	Sweet and Sour Chicken (Chicken, Pineapple, Peppers, Carrots, Tomatoes, Garlic, Sugar, Tomato Ketchup, Cornflour, Water)	Chicken Casserole and Yorkshire Pudding (Chicken, Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding WHEAT, MILK, EGG)	Beef Burgers (Minced Beef, Onions, EGG , Seasoning, Flour WHEAT)	Fish Cakes (Salmon and Haddock) (FISH , Breadcrumbs WHEAT , Flour WHEAT , EGG)
MAIN 2	Lentil and Vegetable Lasagne (Lentils, Onions, Courgette, Peppers, Chopped Tomatoes, Garlic, Seasoning, Pasta WHEAT , Cheese MILK)	Quorn Sweet and Sour (Quorn EGG , Pineapple, Peppers, Carrots, Tomatoes, Garlic, Sugar, Tomato Ketchup, Cornflour, Water)	Quorn Casserole and Yorkshire Pudding (Quorn EGG , Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding WHEAT, MILK, EGG)	Leek and Potato Pie in a White Sauce, topped with Cheese (Leek, Potato, Margarine MILK, MILK , Flour WHEAT , Cheese MILK)	Spanish Omelette (Potato, Peppers, Chives, Onions, Cheese MILK , EGGS)
MAIN 3	Jacket Potato with Tuna Mayonnaise (Potato baked with skin on, Tuna FISH , Mayonnaise EGG , MUSTARD)	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 Baked Beans (Potato baked with skin on, Baked Beans)
ACC 1	Homemade Garlic Bread (Garlic, Mixed Herbs, Flour WHEAT , Yeast, Sugar, Water, Margarine MILK)	Noodles (WHEAT)	Roast Potatoes (Potatoes cooked in Vegetable Oil)	Homemade Potato Wedges (Potatoes cooked in Vegetable Oil)	New Potatoes
ACC 2	Peas Sweetcorn	Broccoli Carrots	Leeks Broccoli	Peas Baked Beans	Carrots Salad
DES 1	Apple Flapjack (Apples, Oats, Sugar, Golden Syrup, Margarine MILK)	Fruity Muffins (Dried Mixed Fruit, EGGS , Sugar, Flour WHEAT , MILK , Vegetable Oil)	Cookies (Flour WHEAT , Sugar, Margarine MILK , EGGS , Coco Powder)	Chocolate Custard (MILK, EGGS , Sugar, Coco Powder, Cornflour)	Coconut and Jam Sponge (Butter MILK , Sugar, Flour WHEAT , EGGS , Jam, Coconut)
DES 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)