Week 1 2016 Allergens (Allergens BOLD and CAPITALISED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Spaghetti Bolognaise (Minced Beef, Onions, Garlic, Tomato Puree, Chopped Tomatoes, Oregano, Mixed Herbs, Spaghetti WHEAT)	Toad in the Hole (Sausages WHEAT, Flour WHEAT, MILK, EGGS)	Beef Stew (Stewing Beef, Onion, Carrots, Swede, Turnip, Peas, Gravy Granules)	Caribbean Chicken (Chicken, Garlic, Onion, Thyme, Curry Powder, Tinned Tomatoes, Peppers, Soy Sauce, Flour WHEAT)	Fish Pie (FISH, Peas, Sweetcorn, Onion, Potatoes, Margarine MILK, Flour WHEAT, MILK)
Main Two	Macaroni Cheese (Cheddar Cheese MILK, Macaroni Pasta WHEAT, Flour WHEAT, MILK, Margarine MILK)	Quorn Sausage in the Hole (Quorn Sausage EGGS, Flour WHEAT, MILK, EGGS)	Quorn Mince Stew (Quorn Mince EGG, Onion, Carrots, Swede, Turnip, Peas, Vegetarian Gravy Granules)	Caribbean Vegetable Curry (Garlic, Onion, Thyme, Carrots, Peas, Peppers, Potatoes, Tinned Tomatoes, Curry Powder, Soy Sauce, Flour WHEAT)	Cheese and Broccoli Bake (Cheese MILK, Broccoli, Potatoes, Flour WHEAT, MILK, Margarine MILK)
Main Three	Jacket Potato with Chicken Mayo (Chicken, Mayonnaise EGGS, MUSTARD, Potato baked with flesh and skin)	Jacket Potato with Cheese (Cheddar Cheese MILK, Potato baked with flesh and skin)	Jacket Potato with Coleslaw (Cabbage, Carrots, Onion, Mayonnaise EGGS, MUSTRAD, Potato baked with flesh and skin)	Jacket Potato with Baked Beans (Baked Beans in a Tomato Sauce, Potato baked with flesh and skin)	Jacket Potato with Cheese and Beans (Cheese MILK, Baked Beans in a Tomato Sauce, Potato baked with flesh and skin)
Accompaniment One	Garlic Bread (Flour WHEAT, Yeast, Sugar, Margarine MILK, Garlic, Mixed Herbs)	Mash Potatoes (Margarine MILK)	Roast Potatoes (Potatoes cooked in Sunflower Oil)	Rice	Carrots
Accompaniment Two	Sweetcorn Carrots	Carrots	Broccoli Leek	Peas Broccoli	Cauliflower
Dessert One	Crunchy Fruit Flan (Flour WHEAT, Margarine MILK, Water, Jam, Sugar, Rolled Oats WHEAT, ALMOND FLAVOURING)	Yoghurt (Low Fat Yoghurt MILK)	Cookie (Butter MILK, Sugar, EGGS, Flour WHEAT, Chocolate Chips MILK)	Apple Sponge (Flour WHEAT, EGGS, Margarine MILK, Sugar, Apples)	Cheese, Grapes and Crackers (Cheese MILK, Crackers WHEAT)
Dessert Two	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)

Week 2 2016 Allergens (Allergens BOLD and CAPITALISED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Chicken and	Cheese and	Roast Beef and	Chicken Biryani	Fish Portion
	Leek Pie	Bacon Pasta	Yorkshire	(Chicken, Rice,	(FISH, WHEAT,
	(Flour WHEAT,	Bake	Pudding	Tomatoes,	EGGS)
	Margarine MILK,	(Cheese MILK,	(Beef, Flour	Potatoes,	,
	Chicken, Leeks,	Bacon, Onion,	WHEAT, MILK,	Onions, Garlic,	
	MILK)	Garlic, Tinned	EGGS)	Chilli Powder,	
	=,	Tomatoes,	1000,	Turmeric,	
		Tomato Puree,		Yoghurt MILK)	
		Pasta WHEAT)		Togrant William	
Main Two	Spanish	Roasted	Quorn Fillet and	Quorn and	Cheese and
Widin 100	Omelette	Vegetable Pasta	Yorkshire	Vegetable	Potato Flan
	(Potatoes,	Bake	Pudding	Biryani	(Margarine
	Margarine MILK ,	(Cheese MILK,	(Quorn Fillet	(Quorn EGG ,	MILK, Flour
	Onions, EGGS ,	Onion, Garlic,	EGGS, Flour	Rice, Tomatoes,	WHEAT, Cheese
	Chives, Pepper)	Pepper,	WHEAT, EGGS,	Potatoes,	MILK, Potatoes,
	Cilives, repper	Courgette,	MILK)	Onions, Peppers,	Onions, EGGS)
		Mushroom,	IVIILK)	Carrots,	Officials, Edd3)
		Tinned		Garlic, Chilli	
				Powder,	
		Tomatoes,		· ·	
		Tomato Puree,		Turmeric,	
Main Three	Jacket Potato	Pasta WHEAT) Jacket Potato	Jacket Potato	Yoghurt MILK) Jacket Potato	Jacket Potato
iviain inree	with Tuna Mayo	with Chicken	with Cheese	and Baked	with Cheese and
	(Tuna FISH ,	and Sweetcorn	(Cheese MILK,	Beans	Beans
	Mayonnaise		Potato baked	(Baked Beans in	
	EGGS	(Chicken,	with flesh and	,	(Cheese MILK , Baked Beans in a
		Sweetcorn,		a Tomato Sauce,	
	MUSTARD,	Mayonnaise EGGS	skin)	Potato baked	tomato sauce, Potato baked
	Potato baked			with flesh and	
	with flesh and	MUSTARD, Potato baked		skin)	with flesh and
	skin)				skin)
		with flesh and			
Accompaniment	Mash Potatoes	skin) Garlic Bread	Roast Potatoes	Mini Naan	Potato Wedges
One	(Margarine	(Flour WHEAT,	(Cooked in	Bread	(Cooked in
Olle	MILK)	Sugar,	Sunflower Oil)	(Flour WHEAT,	Sunflower Oil)
	IVIILK)	Margarine MILK ,	Sumower Oil)	Margarine MILK)	Suffilower Oil)
		Yeast, Garlic)		ivialgalille iviiLK)	
Accompaniment	Carrots	Peas	Sweetcorn	Carrots	Peas
Two	Peas	Cauliflower	Cauliflower	Broccoli	Sweetcorn
TWO	1 cas	Cadimower	Cadimower	Dioccon	Sweetcom
Dessert One	Fruit Platter	Chocolate	Fruit Crumble	Cheese, Grapes	Ice Cream Log
		Crunch	and Custard	and Crackers	(Ice Cream MILK
		(Flour WHEAT,	(Flour WHEAT,	(Cheese MILK,	EGGS, Flour
		EGGS,	Sugar,	Crackers	WHEAT)
		Margarine MILK,	Margarine MILK,	WHEAT)	
		Sugar, Coco	Stewed Fruit,		
		Powder)	Custard MILK		
			EGGS)		
Dessert Two	Yoghurt	Fruit Platter or	Yoghurt	Fruit Platter	Fruit Platter or
	(Low Fat Yoghurt	Yoghurt	(Low Fat Yoghurt		Yoghurt
	MILK)	(Low Fat Yoghurt	MILK)		(Low Fat Yoghurt
		MILK)			MILK)

Week 3 2016 Allergens (Allergens BOLD and CAPITALISED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Chicken, Bacon	Chilli	Roast Pork and	Cottage Pie	Salmon and
	and Potato Pie	(Minced beef,	Yorkshire	(Minced Beef,	Broccoli Bake
	(Chicken, Bacon,	Chopped	Pudding	Onion, Carrots,	(Salmon FISH ,
	Onions, Potatoes,	Tomatoes,	(Pork, Flour	Peas, Potatoes,	Pasta WHEAT ,
	Tomatoes, Cheese	Garlic, Onions,	WHEAT, EGGS,	Margarine	Broccoli,
	MILK)	Chilli Powder,	MILK)	MILK, Cheese	Margarine
	1011211,	Kidney Beans)	1011211,	MILK)	MILK, Flour
		Riariey Bearisy		iviizit,	WHEAT, Cheese
					MILK)
Main Two	Cheese and	Bean Feast	Quorn Roast	Gardener Pie	Pasta in Tomato
Widin 1WO	Vegetable	(Onions, Mixed	and Yorkshire	(Onion, Garlic,	Sauce
	Crumble	Vegetables,	Pudding	Carrots, Swede,	(Pasta WHEAT,
	(Carrots, Onions,	Potatoes,	(Quorn EGGS ,	Celery,	Onion, Garlic,
	Cauliflower,	Cheese MILK ,	Flour WHEAT ,	Potatoes,	Chopped
	Broccoli,	Margarine	EGGS, MILK)	Sweetcorn,	Tomatoes)
	•		LGG3, WILK)	Peas, Tinned	Tomatoes
	Margarine MILK,	MILK, EGGS,			
	Flour WHEAT,	Baked Beans,		tomatoes, Flour	
	Cheese MILK,	Tomatoes)		WHEAT)	
Main Thurs	Oats)	Jacket Datata	Jacket Datata	In allest Details	Jacket Datata
Main Three	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato with Cheese	Jacket Potato
	with Tuna Mayo	with Baked	with Chicken		with Cheese
	(Tuna FISH,	Beans	Mayo	(Cheese MILK,	and Beans
	Mayonnaise EGGS	(Baked beans in	(Chicken,	Potato baked	(Cheese MILK,
	MUSTARD,	tomato sauce,	Mayonnaise	with flesh and	Baked beans in
	Potato baked with	Potato baked	EGGS	skin)	tomato sauce,
	flesh and skin)	with flesh and	MUSTARD,		Potato Baked
		skin)	Potato baked		with flesh and
			with flesh and		skin)
A	Dana	Diag	skin)	C	Caulia Buand
Accompaniment	Peas	Rice	Mash Potatoes	Sweetcorn	Garlic Bread
One			(Margarine		(Flour WHEAT,
			MILK)		Margarine
					MILK, Yeast,
					Sugar, Garlic,
	0 1:0			D 1:	Mixed Herbs)
Accompaniment	Cauliflower	Salad	Carrots	Broccoli	Sweetcorn
Two	Characa Characa	Carrots	Cabbage	Oak Facili	Peas
Dessert One	Cheese, Grapes	Flapjack	Lemon Drizzle	Oat Fruit	Fruit Platter
	and Crackers	(Oats,	Cake	Crumble	
	(Cheese MILK,	Margarine	(Lemons, Sugar,	(Fruit,	
	Crackers WHEAT)	MILK, Sugar)	Margarine	Margarine	
			MILK, Flour	MILK, Oats,	
			WHEAT, EGGS)	Sugar, Flour	
	w I	- 1.51	v 1	WHEAT)	w 1 .
Accompaniment	Yoghurt	Fruit Platter or	Yoghurt	Fruit Platter or	Yoghurt
Two	(Low Fat Yoghurt	Yoghurt	(Low Fat	Yoghurt	(Low Fat
	MILK)	(Low Fat	Yoghurt MILK)	(Low Fat	Yoghurt MILK)
		Yoghurt MILK)		Yoghurt MILK)	