

Week 1 2016 Allergens (Allergens BOLD and CAPITALISED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Spaghetti Bolognese (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 , MUSTARD , 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 Peas	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 Leek Pie (Flour WHEAT , Margarine MILK , Chicken, Leeks, MILK)	Cheese and Bacon Pasta Bake (Cheese MILK , Bacon, Onion, Garlic, Tinned Tomatoes, Tomato Puree, Pasta WHEAT)	Roast Beef and Yorkshire Pudding (Beef, Flour WHEAT , MILK , EGGS)	Chicken Biryani (Chicken, Rice, Tomatoes, Potatoes, Onions, Garlic, Chilli Powder, Turmeric, Yoghurt MILK)	Fish Portion (FISH , WHEAT , EGGS)
Main Two	Spanish Omelette (Potatoes, Margarine MILK , Onions, EGGS , Chives, Pepper)	Roasted Vegetable Pasta Bake (Cheese MILK , Onion, Garlic, Pepper, Courgette, Mushroom, Tinned Tomatoes, Tomato Puree, Pasta WHEAT)	Quorn Fillet and Yorkshire Pudding (Quorn Fillet EGGS , Flour WHEAT , EGGS , MILK)	Quorn and Vegetable Biryani (Quorn EGG , Rice, Tomatoes, Potatoes, Onions, Peppers, Carrots, Garlic, Chilli Powder, Turmeric, Yoghurt MILK)	Cheese and Potato Flan (Margarine MILK , Flour WHEAT , Cheese MILK , Potatoes, Onions, EGGS)
Main Three	Jacket Potato with Tuna Mayo (Tuna FISH , Mayonnaise EGGS MUSTARD , Potato baked with flesh and skin)	Jacket Potato with Chicken and Sweetcorn (Chicken, Sweetcorn, Mayonnaise EGGS MUSTARD , Potato baked with flesh and skin)	Jacket Potato with Cheese (Cheese MILK , Potato baked with flesh and skin)	Jacket Potato and 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	Mash Potatoes (Margarine MILK)	Garlic Bread (Flour WHEAT , Sugar, Margarine MILK , Yeast, Garlic)	Roast Potatoes (Cooked in Sunflower Oil)	Mini Naan Bread (Flour WHEAT , Margarine MILK)	Potato Wedges (Cooked in Sunflower Oil)
Accompaniment Two	Carrots Peas	Peas Cauliflower	Sweetcorn Cauliflower	Carrots Broccoli	Peas Sweetcorn
Dessert One	Fruit Platter	Chocolate Crunch (Flour WHEAT , EGGS , Margarine MILK , Sugar, Coco Powder)	Fruit Crumble and Custard (Flour WHEAT , Sugar, Margarine MILK , Stewed Fruit, Custard MILK EGGS)	Cheese, Grapes and Crackers (Cheese MILK , Crackers WHEAT)	Ice Cream Log (Ice Cream MILK EGGS , Flour WHEAT)
Dessert Two	Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)

Week 3 2016 Allergens (Allergens BOLD and CAPITALISED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Chicken, Bacon and Potato Pie (Chicken, Bacon, Onions, Potatoes, Tomatoes, Cheese MILK)	Chilli (Minced beef, Chopped Tomatoes, Garlic, Onions, Chilli Powder, Kidney Beans)	Roast Pork and Yorkshire Pudding (Pork, Flour WHEAT, EGGS, MILK)	Cottage Pie (Minced Beef, Onion, Carrots, Peas, Potatoes, Margarine MILK , Cheese MILK)	Salmon and Broccoli Bake (Salmon FISH , Pasta WHEAT , Broccoli, Margarine MILK , Flour WHEAT , Cheese MILK)
Main Two	Cheese and Vegetable Crumble (Carrots, Onions, Cauliflower, Broccoli, Margarine MILK , Flour WHEAT , Cheese MILK , Oats)	Bean Feast (Onions, Mixed Vegetables, Potatoes, Cheese MILK , Margarine MILK, EGGS , Baked Beans, Tomatoes)	Quorn Roast and Yorkshire Pudding (Quorn EGGS , Flour WHEAT, EGGS, MILK)	Gardener Pie (Onion, Garlic, Carrots, Swede, Celery, Potatoes, Sweetcorn, Peas, Tinned tomatoes, Flour WHEAT)	Pasta in Tomato Sauce (Pasta WHEAT , Onion, Garlic, Chopped Tomatoes)
Main Three	Jacket Potato with Tuna Mayo (Tuna FISH , Mayonnaise EGGS MUSTARD , Potato baked with flesh and skin)	Jacket Potato with Baked Beans (Baked beans in tomato sauce, Potato baked with flesh and skin)	Jacket Potato with Chicken Mayo (Chicken, Mayonnaise EGGS MUSTARD , Potato baked with flesh and skin)	Jacket Potato with Cheese (Cheese MILK , Potato baked with flesh and skin)	Jacket Potato with Cheese and Beans (Cheese MILK , Baked beans in tomato sauce, Potato Baked with flesh and skin)
Accompaniment One	Peas	Rice	Mash Potatoes (Margarine MILK)	Sweetcorn	Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Sugar, Garlic, Mixed Herbs)
Accompaniment Two	Cauliflower	Salad Carrots	Carrots Cabbage	Broccoli	Sweetcorn Peas
Dessert One	Cheese, Grapes and Crackers (Cheese MILK , Crackers WHEAT)	Flapjack (Oats, Margarine MILK , Sugar)	Lemon Drizzle Cake (Lemons, Sugar, Margarine MILK , Flour WHEAT, EGGS)	Oat Fruit Crumble (Fruit, Margarine MILK , Oats, Sugar, Flour WHEAT)	Fruit Platter
Accompaniment Two	Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Yoghurt (Low Fat Yoghurt MILK)

