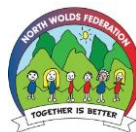




Autumn Term 2019/20 Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Diced Chicken Breast, Peppers, Onion, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Cheese Pizza (Cheese MILK , Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pizza Dough WHEAT MILK)	Roast Beef with Yorkshire Pudding (Beef, Gravy, Yorkshire Pudding WHEAT MILK EGG)	Spaghetti and Meatball Pasta Bake (Pork and Beef Meatball WHEAT , Chopped Tomatoes, Garlic Puree, Mixed Herbs, Onion, Spaghetti WHEAT , Cheese MILK)	Fish Fingers (FISH , Breadcrumbs WHEAT EGG)
Main 2	Vegetable and Lentil Curry (Carrots, Potatoes, Peppers, Onions, Sweetcorn, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Quorn Bolognese Pasta Bake (Quorn EGG , Chopped Tomatoes, Onions, Garlic Puree, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	5 Bean Casserole and Pasta (Mixed 5 bean Salad, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Onion, Pasta WHEAT)	Baked Bean Flan (Baked Beans, Cheese MILK , Pastry WHEAT MILK)
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 Cheese (Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Naam Bread (Flour WHEAT, MILK , Mixed Herbs, Bicarbonate of Soda, Oil, Sugar)	Carrot Sticks (Main 1 only)	Homemade Roast Potatoes (Potatoes Cooked in Sunflower Oil)	Cauliflower	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Rice Peas	Sweetcorn Peas	Carrots Cabbage	Sweetcorn	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Cherry Sponge Cake (Cherries, Sugar, Margarine MILK , Flour WHEAT, EGG)	Artic Roll (Artic Roll MILK EGGS WHEAT)	Coco and Berry Sponge Cake (Coco Powder, Mixed Berries, Sugar, Margarine MILK , Flour WHEAT, EGG)	Lemon Drizzle Cake (Lemons, Sugar, Margarine MILK, EGG , Flour WHEAT)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)



Autumn Term 2019/20 Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Bolognese Pasta Bake (Minced Beef, Chopped Tomatoes, Mixed Herbs, Onions, Garlic Puree, Pasta WHEAT , Cheese MILK)	Steak Pie (Shortcrust Pastry Lid) (Stewing Beef, Onion, Gravy, Pastry WHEAT MILK EGG)	Roast Gammon and Yorkshire Pudding (Gammon, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Chicken Nuggets (Chicken Breast, Coating WHEAT EGG MILK)	Fishcake (FISH – SALMON AND COD , Breadcrumbs WHEAT EGG MILK)
Main 2	Quorn and Lentil Pasta Bake (Quorn EGG , Onion, Chopped Tomatoes, Red Lentils, Garlic Puree, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Quorn Stew (Quorn EGG , Potato, Carrots, Onion, Peas, Swede, Gravy)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT MILK EGG)	Veggie Goulash Served with Rice (Onion, Pepper Quorn EGG , Garlic, Paprika, Chopped Tomatoes, Herbs, Tomato Puree, Rice)	Cheese Pinwheels (Cheese MILK , Potatoes, EGG , Pastry WHEAT MILK)
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 Cheese (Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Garlic Bread (Garlic Puree, Mixed Herbs, Bread Dough WHEAT MILK)	New Potatoes	Homemade Roast Potatoes (Potatoes Cooked in Sunflower Oil)	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	New Potatoes
Accompaniment 2	Sweetcorn Broccoli	Peas Cabbage	Cauliflower Carrots	Carrot Sticks Sweetcorn Tomato Sauce Sachet	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Fruity Flapjack (Mixed Fruit, Porridge Oats WHEAT , Sugar, Margarine MILK)	Ice Cream (Ice Cream MILK)	Sultana and Cherry Sponge Cake (Sultanas, Cherries, Sugar, Margarine MILK , Flour WHEAT, EGG)	Chocolate Orange Cake (Orange Essence, Coco Powder, Sugar, Margarine MILK , Flour WHEAT, EGG)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)



Autumn Term 2019/20 Week 3 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	BBQ Chicken Wrap (Chicken Breast Diced, BBQ Sauce, Wraps WHEAT MILK)	Minced Beef Lasagne (Minced Beef, Onion, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Lasagne Sheets WHEAT , White Sauce MILK WHEAT , Cheese MILK)	Roast Chicken and Stuffing (Chicken, Gravy, Stuffing Ball – Pork, Sage and Onion WHEAT)	Hot Dogs (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT MILK)	Fish Piece (FISH , Breadcrumbs Coating WHEAT MILK EGG)
Main 2	Quorn Pieces in BBQ Sauce with Wrap (Quorn Pieces EGG , BBQ Sauce, Wraps WHEAT MILK)	Macaroni Cheese (Cheese MILK , Pasta WHEAT , White Sauce WHEAT MILK)	Quorn Roast (Quorn EGG , Gravy)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Vegetable and Bean Chilli Served with Rice (5 Bean Mixed Salad, Garlic Puree, Potato, Peas, Sweetcorn, Onion, Mixed Herbs, Chilli Powder, Rice)
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, Diced Chicken Breast, 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	New Potatoes	Raw Carrot Sticks	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Shredded Lettuce Peas	Broccoli Sweetcorn	Carrots Peas	Cucumber Sticks Sweetcorn Tomato Sauce Sachet	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Mixed Berry Flapjack (Mixed Berries, Porridge Oats WHEAT , Margarine MILK , Sugar)	Victoria Sponge Cake (Sugar, Margarine MILK , Flour WHEAT , EGG , Jam, Icing Sugar, MILK)	Cornflake Tart (Pastry WHEAT MILK , Golden Syrup, Cornflakes BARLEY , Margarine MILK , Sugar, Jam)	Chocolate Fudge Cake (Sugar, Margarine MILK , Flour WHEAT , EGG , Coco Powder, Icing Sugar, MILK)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)