



Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza (Cheese MILK, Chopped Tomatoes, garlic, Mixed Herbs, Onions, Pizza Dough WHEAT MILK)	Minced Beef Bolognese Pasta Bake (Minced Beef, Chopped Tomatoes, Onion, Garlic, Mixed Herbs, Pasta WHEAT, Cheese MILK)	Roast Chicken and Stuffing Ball (Chicken, Gravy, Stuffing Ball Pork, sage and onion WHEAT)	Chicken Nuggets (Chicken, Flour WHEAT, EGG, MILK)	Salmon and Cod Fishcakes (FISH, Coating on fishcake WHEAT EGG MILK)
Main 2	5 Bean, Spicy Courgette Risotto (5 Bean Salad, Courgette, Onion, Chopped Tomatoes, Chilli, Garlic, Mixed Herbs, Rice, Vegetable Stock)	Quorn and Lentil Pasta Bake (Quorn Mince EGG, Chopped Tomatoes, Garlic, Onions, Mixed Herbs, Lentils, Pasta WHEAT, Cheese MILK)	Quorn Roast (Quorn Fillet EGG, Gravy)	Baked Bean Flan (Baked Beans, Cheese MILK, Pastry WHEAT MILK)	Spanish Omelette (Onion, Pepper, Potatoes, Chives, Cheese MILK, EGG, MILK)
Main 3	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Chicken Mayonnaise (Jacket Potato Baked with Skin On, Chicken, Mayonnaise EGG MUSTARD)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Jacket Potato Baked with Skin on, Tuna FISH, Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Jacket Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Carrot Sticks	Cabbage	New Potatoes	Homemade Potato Wedges (Potatoes Cooked with Skin on in Sunflower Oil)	Chipped Potatoes Oven Bake (Oven Baked Potatoes in Sunflower Oil)
Accompaniment 2	Peas Sweetcorn	Cauliflower	Carrots Broccoli	Cucumber Sticks Sweetcorn Tomato Ketchup Sachet	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt, MILK)	Jam and Coconut Sponge (Sugar, Flour WHEAT, EGG, Margarine MILK, Jam, Coconut)	Eton Mess (Meringue Nests Sugar, EGG, Cream MILK, Icing Sugar, Fruit)	Vanilla Ice Cream (Vanilla Ice Cream MILK)	Chocolate Fudge Cake (Coco Powder, Icing Sugar, Sugar, Margarine MILK, Flour WHEAT, EGG, 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)

Allergens in **bold**



Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Diced Chicken Breast, Peppers, Onion, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Tikka Paste, Garlic Puree)	Steak Pie (Pastry Lid) (Stewing Beef, Gravy, Onions, Pastry WHEAT MILK EGG)	Roast Pork and Stuffing Ball (Roast Pork, Gravy, Stuffing Ball – Pork, Sage and Onion WHEAT)	Hot Dog (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT MILK)	Fish Squares (FISH , Breadcrumbs Coating WHEAT EGG MILK)
Main 2	Vegetable and Lentil Curry (Carrots, Potatoes, Peppers, Onions, Sweetcorn, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Cheese and Tomato Pasta Bake (Cheese MILK , Chopped Tomatoes, Mixed Herbs, Garlic Puree, Pasta WHEAT)	Quorn Roast (Quorn EGG , Gravy)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Cheese Pinwheel (Cheese MILK , Potatoes, EGG , Pastry WHEAT MILK)
Main 3	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 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 Naam Bread (Flour WHEAT, MILK , Mixed Herbs, Bicarbonate of Soda, Oil, Sugar)	New Potatoes (Main 1 Only)	New Potatoes	Raw Carrot Sticks	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Rice Peas	Broccoli Carrots	Carrots Cabbage	Cucumber Sticks Sweetcorn Tomato Ketchup Sachet	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Cherry and Sultana Flapjack (Glaice Cherries, Sultanas, Margarine MILK , Sugar, Porridge Oats WHEAT)	Artic Roll (Artic Roll MILK EGG WHEAT)	Lemon Drizzle Cake (Lemon, Sugar, Margarine MILK , Flour WHEAT, EGG)	Raspberry, Orange and Coco Sponge (Raspberries, Orange Essence, Coco Powder, Flour WHEAT , Sugar, Margarine MILK, 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)

Allergens in **bold**



Week 3 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chilli Con Carne (Minced Beef, Garlic, Onion, Mixed herbs, Chopped Tomatoes, Baked Beans, Chilli Powder, Chilli Flakes)	Chicken Casserole (Diced Chicken Breast, Gravy, Peas, Leeks, Carrots, Broccoli, Swede)	Roast Beef and Yorkshire Pudding (Beef, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Meatball and Pasta Bake (Pork and Beef Meatballs WHEAT , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Fish Fingers (FISH , Breadcrumbs WHEAT EGG)
Main 2	5 Bean, Courgette and Lentil Chilli (5 Bean Mixed Salad, Potato, Carrot, Courgette, Lentils, Chopped Tomatoes, Mixed Herbs, Garlic Puree, Chilli Powder)	Veggie Goulash (Onion, Pepper Quorn EGG , Garlic, Papparika, Chopped Tomatoes, Herbs, Tomato Puree)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	Quorn Mince and Vegetable Pasta Bake (Quorn Mince EGG , Chopped Tomatoes, Carrot, Pepper, Garlic, Onions, Mixed Herbs, Lentils, Pasta WHEAT , Cheese MILK)	Cheese Omelette (Cheese MILK, MILK, EGG , Seasoning)
Main 3	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 Cheese (Potato Baked with Skin On, Cheese MILK)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Rice	New Potatoes	Homemade Roast Potatoes (Potatoes Cooked in Sunflower Oil)	Broccoli	Chipped Potatoes Oven Baked (Oven Baked Potatoes in Sunflower Oil)
Accompaniment 2	Nachos (WHEAT MILK) Peas	Green Beans Cauliflower	Carrots Cauliflower	Sweetcorn	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Mixed Berry Flapjack (Mixed Berries, Porridge Oats WHEAT , Margarine MILK , Sugar)	Jelly and Custard (Jelly Crystals, Water, Custard MILK EGG)	Chocolate Concrete (Coco Powder, Sugar, Flour WHEAT , Margarine MILK)	Victoria Sponge Cake (Icing Sugar, Jam, Margarine MILK , Flour WHEAT , Sugar, EGG, 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)

Allergens in **bold**