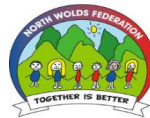




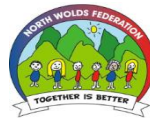
Autumn Term 2025 Allergy Information – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Macaroni Cheese <i>Macaroni pasta, low fat crème fraîche, garlic, mixed herbs and mature cheese</i> WHEAT, MILK	Beef Bolognaise Pasta Bake <i>Minced beef, onion, garlic, mixed herbs, chopped tomatoes, black pepper, cheese</i> WHEAT MILK	Ham & Cheese Pizza <i>Cheese, ham, chopped tomatoes, basil, garlic, herbs, wholemeal baguette base</i> MILK, CEREAL, WHEAT	Roast Chicken with Stuffing Ball and Gravy <i>Roast Chicken, cooked in gluten free gravy with a stuffing ball.</i> CEREAL, WHEAT, SOYA	Fish fingers <i>Baked fishfingers in breadcrumbs</i> FISH, WHEAT
Main 2	Tomato & Lentil Risotto bake <i>Wholemeal rice, chopped tomatoes, lentils, cannellini beans, mixed herbs, garlic, onion, peppers, mature cheese</i> WHEAT, MILK	Vegetable Bolognese Pasta Bake <i>Quorn Mince, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, wholewheat pasta, cheese</i> EGG, WHEAT, MILK	Vegetable Pizza <i>Cheese, chopped tomatoes, basil, garlic, mixed herbs, pepper, sweetcorn, onion, tomatoes, wholemeal Baguette Base.</i> WHEAT, CEREAL, MILK	Quorn Roast with Stuffing Ball and Gravy <i>Quorn Roast, served in gluten free gravy with a stuffing ball</i> EGG, CEREAL, WHEAT SOYA	Vegetable Quiche <i>Short crust pastry base, onion, peppers, tomatoes, seasoning, mature cheese, milk, egg</i> WHEAT, MILK, EGG
Main 3	Jacket Potato with Tuna Mayonnaise and Side Salad <i>Potato baked, tuna mayonnaise, lettuce, tomato, cucumber</i> EGG, FISH	Jacket Potato with Cheese and Side Salad <i>Potato baked, cheese, lettuce, tomato, cucumber</i> MILK	Chicken Mayonnaise Baguette with Side Salad <i>Wholemeal baguette with chicken mayonnaise, lettuce, tomato, cucumber</i> CEREAL, WHEAT, EGG	Ham Baguette served with Side Salad <i>Wholemeal baguette, ham, lettuce, tomato, cucumber</i> CEREAL, WHEAT	Jacket Potato with Baked Beans and Side Salad <i>Potato baked, baked beans, lettuce, cucumber, tomato</i>
Accompaniment 1	Broccoli	Cut green beans	Sweetcorn	Roast Potato <i>Roasted in sunflower oil</i>	Potato Wedges <i>Seasoned potato wedges baked</i>
Accompaniment 2	Sweetcorn	Carrots	Cucumber Sticks	Carrots Peas	Baked Beans
Dessert 1	Yogurt and Pineapple <i>Low fat yogurt, pineapple</i> MILK	Coco Sponge and Custard <i>Self-raising flour, sugar, coco powder, margarine, eggs, custard</i> MILK, WHEAT, EGG	Apple and Sultana Flapjack <i>Oats, margarine, syrup, sugar, sultanas, apples</i> CEREAL, WHEAT	Peach Sponge and Cream <i>Self-raising flour, sugar, eggs, margarine, peaches, cream</i> MILK, WHEAT, EGG	Lemon Drizzle cake <i>Self-raising flour, sugar, eggs, margarine, lemon</i> WHEAT, EGG
Dessert 2	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit



Autumn Term 2025 Allergy Information – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Sausage Pasta Bake <i>Vegan Savoury Sausages, wholemeal pasta, onion, mixed herbs, garlic, chopped tomatoes, mature cheese</i> WHEAT, CEREAL, MILK	Chicken Fillet Bites <i>Chicken breast chunks in a crispy batter</i> CEREAL, WHEAT	Chicken Tikka Curry <i>Diced chicken breast, peppers, onion, garam masala, tikka paste, chopped tomatoes, garlic, mixed herbs</i>	Roast Beef with Yorkshire Pudding and Gravy <i>Roast beef cooked in Gluten free Gravy with Yorkshire pudding</i> SOYA, MILK, WHEAT, EGG	Square Fish Fillet <i>Alaska pollock fillet, coated in breadcrumbs</i> FISH, CEREAL, WHEAT, MUSTARD
Main 2	Vegetable Crumble <i>Flour, margarine, mature cheese, mixed vegetables, crème fraîche (low fat), mixed herbs, garlic, potatoes</i> WHEAT, MILK	Vegetable Nuggets <i>Seasoned mixed vegetables, in a breadcrumb nugget</i> CEREAL, WHEAT	Vegetable and Lentil Curry <i>Mixed vegetables, peppers, onion, lentils, garam masala, tikka paste, chopped tomatoes, garlic, mixed herbs</i>	Quorn Roast with Yorkshire Pudding and Gravy <i>Quorn Roast, served in gluten free gravy with Yorkshire pudding.</i> MILK, WHEAT, SOYA, EGG	Cheesy Leek and Potato Pie <i>Short crust pastry top, leeks, potatoes, crème fraîche, mature cheese, seasoning</i> WHEAT, MILK
Main 3	Jacket Potato with Tuna Mayonnaise and Side Salad <i>Potato baked, tuna mayonnaise, lettuce, cucumber, tomato</i> FISH, EGG	Chicken Mayonnaise Baguette with Side Salad <i>Wholemeal baguette, chicken mayonnaise, lettuce, cucumber, tomato</i> CEREAL, WHEAT, EGG	Cheese Baguette served with Side Salad <i>Wholemeal baguette, cheese, lettuce, cucumber, tomato</i> MILK, CEREAL, WHEAT	Ham Baguette with Side Salad <i>Wholemeal baguette, ham, lettuce, cucumber, tomato</i> CEREAL, WHEAT	Jacket Potato with Tuna Mayonnaise and Side Salad <i>Potato baked, tuna mayonnaise, lettuce, cucumber, tomato</i> FISH, EGG
Accompaniment 1	Sweetcorn	Potato Wedges <i>Seasoned potato wedges, baked</i>	Green beans	Mash Potato <i>Potatoes steamed, margarine</i>	Potato Wedges <i>Seasoned potato wedges, baked</i>
Accompaniment 2	Broccoli	Cucumber Sticks Tomato Sauce Sachet	Wholegrain Rice	Carrots Peas	Peas
Dessert 1	Yoghurt and Peaches <i>Low fat yogurt, peaches</i> MILK	Apple Oaty Crumble & Custard <i>Apples, flour, margarine, sugar, oats, custard</i> MILK, EGG, WHEAT	Raspberry and Coco Brownie <i>Self-raising flour, eggs, margarine, sugar, raspberries, coco powder,</i> WHEAT, EGG	Banana and Sultana Sponge with Cream <i>Self-raising flour, margarine, eggs, sugar, bananas, sultanas, cream</i> MILK, WHEAT, EGG	Blueberry Sponge <i>Self-raising flour, margarine, eggs, sugar, blueberries</i> WHEAT, EGG
Dessert 2	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit



Autumn Term 2025 Allergy Information – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pasta Bake <i>Wholemeal pasta, chopped tomatoes, mixed herbs, garlic, Lentils, mature cheese</i> WHEAT, MILK, CEREAL	Lincolnshire Sausage served with Yorkshire Pudding and Gravy <i>Lincolnshire sausage cooked in gravy, served with Yorkshire pudding</i> WHEAT, SOYA, MILK, EGG	BBQ Chicken <i>Chicken cooked in a BBQ sauce</i>	Roast Pork with Stuffing Ball and Gravy <i>Roast pork cooked in gluten free gravy, served with stuffing ball</i> SOYA, CEREAL, WHEAT	Salmon, Leek and Potato Bake <i>Salmon, crème fraiche, leeks, potatoes, garlic, mature cheese</i> FISH, MILK
Main 2	Vegetable Risotto <i>Mixed vegetables, carrots, peas, cut beans, sweetcorn, risotto rice, vegetable stock,</i> EGG, WHEAT, MILK, CEREAL	Vegetable Sausages in Gravy <i>Vegi sausage (mixed veg) cooked in gravy.</i> WHEAT, SOYA	Quorn pieces in BBQ sauce <i>Quorn pieces, BBQ sauce</i> EGG	Quorn Roast with Stuffing Ball and Gravy <i>Quorn roast, served in gravy with a stuffing ball</i> WHEAT, MILK, EGG, SOYA	Cheese Omelette <i>Mature cheese, egg, milk, seasoning</i> MILK, EGG
Main 3	Jacket Potato with Tuna Mayonnaise and Side Salad <i>Potato baked, tuna mayonnaise, lettuce, cucumber, tomato</i> FISH, EGG	Cheese Baguette served with Side Salad <i>Wholemeal baguette, cheese, lettuce, cucumber, tomato</i> MILK, WHEAT, CEREAL	Ham Baguette with Side Salad <i>Wholemeal Baguette, ham, lettuce, cucumber, tomato</i> WHEAT, CEREAL	Jacket Potato with Cheese and Side Salad <i>Potato baked, cheese, lettuce, cucumber, tomato</i> MILK	Jacket Potato with Baked Beans and Side Salad <i>Potato baked, baked beans, lettuce, cucumber, tomato</i>
Accompaniment 1	Sweetcorn	Roast Potatoes <i>Roasted in sunflower oil</i>	Mixed Salad <i>Lettuce, tomato, cucumber</i>	Mash Potato <i>Potatoes steamed, margarine</i>	Peas
Accompaniment 2	Green Beans	Peas	Seasoned Wedges	Carrots Peas	Broccoli
Dessert 1	Yogurt and Blueberries <i>Fat free Yogurt, blueberries</i> MILK	Mixed Berry Flapjack <i>Strawberries, raspberries, blackberries, blackcurrant, redcurrant, blueberries, oats, margarine, sugar</i> WHEAT, CEREAL	Banana and Custard <i>Sliced banana, cold custard</i> MILK, EGG	Mixed Berry Eton Mess <i>Mixed berries, cream, meringue crushed</i> MILK, EGGS	Coco and Orange Sponge <i>Self-raising flour, coco powder, margarine, sugar, eggs, orange essence</i> WHEAT, CEREAL, EGG
Dessert 2	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit