



Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Macaroni Cheese Macaroni pasta, Canellini Beans, low fat crème fraîche, Black Pepper, and Mature Cheddar Cheese WHEAT MILK	Ham & Cheese Pizza Cheese, milk, Ham, chopped tomatoes, basil, garlic, herbs, wholemeal baguette base MILK CEREAL WHEAT	Beef Bolognese Pasta Bake Minced beef, onion, garlic, carrots, mixed herbs, chopped tomatoes, black pepper, cheese WHEAT MILK	Roast chicken & stuffing Roast Chicken, cooked in Gluten free Gravy with a stuffing ball. CEREAL WHEAT SOYA	Fish finger Wrap Baked fishfingers Tortilla wrap FISH WHEAT
Main 2	Tomato & Cheese Pasta bake Wholemeal pasta, chopped tomatoes, mixed herbs, garlic, onion, cheese CEREAL WHEAT MILK	Vegetable Pizza Cheese, milk, chopped tomatoes, basil, garlic, mixed herbs, pepper, sweetcorn, onion, tomatoes, spinach. MILK CHEESE	Vegetable Bolognese Pasta Bake Carrots, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, wholewheat pasta, cheese CHEESE WHEAT MILK	Quorn Roast Quorn Roast, served in gluten free gravy EGGS MILK CEREAL WHEAT SOYA	Salt & Vinegar Quorn Fillet . WHEAT BARLEY CEREAL
Main 3	Jacket Potato with Cheese Jacket potato, cheese. MILK	Cheese Baguette Wholemeal baguette, cheese, CEREAL WHEAT MILK CHEESE	Jacket Potato and Beans Jacket Potato with low sugar and salt Baked Beans with salad lettuce, tomato, cucumber.	Ham Baguette Wholemeal baguette, ham CEREAL WHEAT MILK	Jacket Potato and Cheese Jacket Potato, cheese. MILK
Accompaniment 1	Wholemeal bread	Raw Carrot Sticks	Cut green beans	Roast Potato DAIRY, VEGAN, GLUTEN FREE	Potato Wedges
Accompaniment 2	Sweetcorn	Cucumber Sticks	Garlic Bread Wholemeal baguette, Garlic puree, chopped parsley WHEAT	Carrots	Salad Lettuce, cucumber, tomato,
Dessert 1	Yogurt with melon Low fat yogurt, Melon/watermelon/gala MILK	Sultana Flapjack Oats, margarine, syrup, sugar, sultanas, CEREAL WHITE	Raspberry jelly with custard Raspberry jelly, cold custard. MILK	Pineapple and Greek Yoghurt Pineapple, Greek yogurt MILK	Lemon Drizzle cake Flour, sugar, eggs, margarine, lemon WHEAT EGGS
Dessert 2	FRESH FRUIT Fresh seasonal Fruit Apple, Banana, Pear, orange, Plum	FRESH FRUIT Fresh seasonal Fruit Apple, Banana, Pear, orange, Plum	FRESH FRUIT Fresh seasonal Fruit Apple, Banana, Pear, orange, Plum	FRESH FRUIT Fresh seasonal Fruit Apple, Banana, Pear, orange, Plum	FRESH FRUIT Fresh seasonal Fruit Apple, Banana, Pear, orange, Plum

Allergens in **bold**



Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Sausage Pasta Bake <i>Vegan Savoury Sausages cooked with pasta and tomato sauce . Gluten Free Onion Gravy. Onion. Mixed herbs.</i> WHEAT SOYA CEREAL	Chicken Fillet Bites <i>Chicken Breast chunks oven baked in a crispy batter</i> WHEAT CEREAL	Mild Chicken Korma <i>Diced chicken breast, peppers, onion, carrots, cauliflower, broccoli, cut green beans, korma sauce</i> MILK GF	Roast Beef & Yorkshire Pudding Gravy <i>Roast beef cooked in Gluten free Gravy with Yorkshire pudding</i> SOYA MILK WHEAT	Square Fish Fillet <i>Alaska pollock fillet FISH coated in BREADCRUMB</i> FISH CEREAL WHEAT
Main 2	Vegetable Crumble <i>Flour, wheat, cheese, milk, mixed vegetables, crème fraiche (low fat) ground flour</i> WHEAT MILK	Vegetable Nuggets <i>Vegetables formed in a crisp breadcrumb nugget, carrot, sweetcorn, green beans, potato, cauliflower</i> CEREAL WHEAT	Mild Vegetable Korma <i>Mixed veg, peppers, onion, carrots, cauliflower, broccoli, cut green beans, korma sauce</i> MILK GF	Quorn Roast <i>Quorn Roast, served in gluten free gravy.</i> MILK WHEAT SOYA	Vegetable Quiche <i>EGG cheese, MILK, butternut squash, mixed peppers, red onion tomato. Pastry WHEAT</i>
Main 3	Jacket Potato with Cheese <i>Jacket potato, cheese.</i> MILK	Ham Baguette and Salad <i>Wholemeal Baguette with Ham and Salad</i> <i>Lettuce/Cucumber/Tomato</i> WHEAT	Jacket Potato with Cheese <i>Jacket potato, cheese.</i> MILK.	Cheese Baguette <i>Wholemeal baguette, cheese.</i> CEREAL WHEAT MILK	Jacket Potato Tuna <i>Jacket Potato with Tuna and salad, lettuce, cucumber, tomato</i> FISH EGG
Accompaniment 1	Sweetcorn	Hash Browns <i>Baked potato hash browns.</i> GLUTEN & DAIRY FREE	Green beans	Roast Potatoes DAIRY, VEGAN, GLUTEN FREE	Potato Wedges <i>Baked potato wedges.</i>
Accompaniment 2	Wholemeal Bread	Baked Beans (reduced sugar and salt)	Wholegrain Rice	Carrots	Peas
Dessert 1	Yogurt with blueberries <i>Low fat yogurt, blueberries</i> MILK	Jam Sponge & Custard <i>Margarine, flour, sugar, eggs, strawberries</i> MILK CEREAL EGG	Apple Oaty Crumble & Cream <i>Apples, flour, margarine, sugar, oats</i> MILK	Greek Yogurt with Peaches <i>Greek yogurt, peaches</i> MILK	Apricot Flapjack <i>Oats, CEREAL, WHEAT, margarine, black treacle, sugar, apricots, vanilla essence.</i>
Dessert 2	Fresh seasonal Fruit <i>Apple, Banana, Pear, orange, Plum</i>	Fresh Seasonal Fruit <i>Apple, Banana, Pear, Orange, Plum</i>	Fresh Seasonal Fruit <i>Apple Banana, Pear, orange, Plum</i>	Fresh Seasonal Fruit <i>Apple, Banana, Pear, Orange, Plum</i>	Fresh Seasonal Fruit <i>Apple, Banana, Pear, Orange, Plum</i>

Allergens in **bold**



Week 3 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	No Meat Meatballs In Tomato Sauce <i>Rice, veg, tomatoes.</i> WHEAT SOYA CEREAL	Lincolnshire Sausage in Gravy <i>Lincolnshire sausage cooked in gravy and onions</i> CEREAL WHEAT, GF	Garlic Chicken <i>Chicken marinated in garlic.</i> CEREAL WHEAT	Roast Gammon <i>Gammon in gravy</i> SOYA	Salmon Fishcake <i>Baked salmon fishcake</i> FISH CEREAL WHEAT
Main 2	Vegetable Risotto <i>Mixed vegetables, carrots, peas, cut beans, sweetcorn, risotto rice, vegetable stock,</i> EGG WHEAT MILK CEREAL	Vegetable Sausages <i>Vegi sausage (mixed veg) cooked in gravy.</i> WHEAT SOYA	Quorn pieces with garlic GLUTEN FREE	Cheesy leek & potato pie <i>Potato leek cheese pastry crème fraîche margarine, ground flour</i> WHEAT, MILK	Vegetable Risotto <i>Rice onion mixed veg garlic, stock.</i> WHEAT, MILK
Main 3	Cheese Baguette <i>Wholemeal baguette, cheese.</i> CEREAL WHEAT MILK	Jacket Potato and Beans <i>Jacket Potato with low sugar and salt Baked Beans</i>	Ham Baguette <i>Wholemeal Baguette with Ham</i> WHEAT	Jacket Potato with Cheese <i>Jacket potato, cheese.</i> MILK	Jacket Potato with Cheese <i>Jacket potato, cheese.</i> MILK
Accompaniment 1	Wholemeal Pasta	Mashed Potatoes <i>Mashed Potato, milk</i> MILK	Egg Noodles WHEAT EGG CEREAL SOYA	Roast Potatoes <i>Roasted Potatoes</i> DAIRY, VEGAN, GLUTEN FREE	Wholemeal Rice
Accompaniment 2	Sweetcorn	Peas	Sweetcorn & Tomato sauce sachet	Carrots	Green Beans
Dessert 1	Yogurt Pot and Mandarin Orange <i>Fat free Yogurt pot with mandarins.</i> MILK	Iced Apple Sponge <i>Apples, lemons, margarine, sugar, eggs, flour, milk</i> WHEAT EGG MILK	Greek Yogurt with Pineapple <i>Greek yogurt, pineapple, ,</i> MILK	Raspberry jelly & custard <i>Raspberry flavoured jelly and cold custard</i> MILK VEGETARIAN FREE	Chocolate sponge & chocolate custard <i>Margarine, flour, sugar, eggs, cocoa</i> MILK CEREAL EGG
Dessert 2	Seasonal Fruit <i>Apple/Pear/Orange/Plum/Banana</i>	Seasonal Fruit <i>Apple/Pear/Orange/Plum/Banana</i>	Seasonal Fruit <i>Apple/Pear/Orange/Plum/Banana</i>	Seasonal Fruit <i>Apple/Pear/Orange/Plum/Banana</i>	Seasonal Fruit <i>Apple/Pear/Orange/Plum/Orange/Banana</i>

Allergens in **bold**