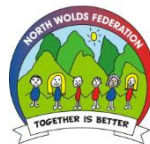




## Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Quorn Cottage pie with gravy</b> Quorn mince, carrot, peas, cut green beans, broad beans, sweetcorn, onion, tomato puree, plain flour, vegetable stock, potato top, gluten free gravy <b>EGGS CEREAL BARLEY WHEAT SOYA</b>	<b>Chicken Fillet Bites</b> Chicken Breast chunks oven baked in a crispy batter <b>WHEAT CEREAL</b>	<b>Beef Bolognaise wholemeal pasta bake</b> Minced beef, wholemeal pasta, chopped tomatoes, onion, garlic, carrot, celery, mixed herbs cheese <b>WHEAT MILK CELERY</b>	<b>Roast Chicken in gravy with Stuffing</b> Roast Chicken cooked in gluten free gravy with sage and onion stuffing <b>WHEAT SOYA CEREAL</b>	<b>Fish Square</b> White fish fillet baked in breadcrumbs <b>FISH MUSTARD CEREAL WHEAT</b>
<b>Main 2</b>	<b>Tomato, Basil and Bean Pasta Bake</b> Wholemeal Pasta Chopped Tomatoes, Basil, cannellini beans, garlic, cheese <b>WHEAT MILK</b>	<b>Vegetable Bites</b> Vegetables formed in a crisp breadcrumb nugget, carrot, sweetcorn, green beans, potato, cauliflower <b>CEREAL WHEAT</b>	<b>Vegetarian Bolognaise pasta Bake</b> Carrot, onion, celery, red lentils, peppers, chopped tomatoes, garlic, mixed herbs, wholemeal pasta, cheese <b>WHEAT MILK CELERY</b>	<b>Quorn Roast in gravy with Stuffing</b> Quorn Roast cooked in gluten free gravy with sage and onion stuffing <b>EGGS MILK WHEAT SOYA CEREAL</b>	<b>Salt and Vinegar Quorn Fishless Fillet</b> Vegan plant-based fillet coated in a salt and vinegar batter oven baked <b>CEREAL WHEAT BARLEY</b>
<b>Main 3</b>	<b>Jacket potato with cheese and salad</b> Jacket potato with Cheese, lettuce, tomato, cucumber	<b>Baguette with Ham and salad</b> Wholemeal Baguette with ham, lettuce, cucumber, tomato <b>CEREAL WHEAT</b>	<b>Jacket Potato with Tuna Mayonnaise and salad</b> Jacket Potato with Tuna Mayonnaise, Lettuce, cucumber Tomato <b>EGG FISH</b>	<b>Baguette with Cheese and Salad</b> Wholemeal Baguette with Cheese, lettuce, cucumber, tomato <b>CEREAL WHEAT</b>	<b>Jacket Potato with Baked Beans and Salad</b> Jacket Potato with low sugar and salt Baked Beans with lettuce, cucumber and tomato.
<b>Accompaniment 1</b>	<b>Peas</b> Steamed peas	<b>Seasoned Wedges</b> Seasoned wedges, oven baked	<b>Garlic Bread</b> Wholemeal Baguette, garlic puree <b>WHEAT</b>	<b>Mashed Potatoes</b> MILK	<b>Chipped Potatoes</b> Chipped Potatoes oven baked
<b>Accompaniment 2</b>	<b>Broccoli</b> Steamed Broccoli	<b>Baked Beans</b> <b>Low sugar salt Baked Beans</b>	<b>Salad</b> Lettuce, cucumber, tomato	<b>Mixed Vegetables</b> Carrots, peas, cut green Beans, Broad beans, sweetcorn	<b>Peas</b> Steamed Peas
<b>Dessert 1</b>	<b>Yogurt pot with peaches</b> Fat free yogurt with Peaches <b>MILK</b>	<b>Apple and Banana Crumble with cream</b> Apples, Bananas, sugar, Wholegrain Flour, margarine, oats <b>CEREAL WHEAT MILK</b>	<b>Greek yogurt with Pineapple and Mango</b> Greek yogurt, Pineapple and mango <b>MILK</b>	<b>Sultana Flapjack</b> Oats, Sultanas, margarine, golden syrup, sugar <b>CEREAL WHEAT</b>	<b>Coco Sponge with chocolate custard</b> Coco, flour, margarine, sugar, eggs, custard <b>MILK WHEAT EGGS</b>
<b>Dessert 2</b>	<b>Fresh Seasonal fruit</b> Apple, Pear, plum, Banana, orange	<b>Fresh Seasonal fruit</b> Apple, Pear, Plum, Banana, Orange	<b>Fresh Seasonal Fruit</b> Apple, Pear, Plum, Banana, Orange	<b>Fresh Seasonal Fruit</b> Apple, Pear, Plum, Banana, Orange	<b>Fresh Seasonal Fruit</b> Apple, Pear, Plum, Banana, Orange

Allergens in **bold**



## Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Quorn Sausage and Bean Wholemeal Pasta Bake</b> <i>Quorn Sausages, Onion Garlic, tomato puree, herbs, chopped Tomatoes, wholemeal pasta, Cheese</i> <b>WHEAT EGG BARLEY MILK</b>	<b>Cheese and Ham pizza on a wholemeal Baguette</b> <i>Wholemeal Baguette, chopped tomatoes, mixed herbs, garlic, ham, cheese</i> <b>CEREAL WHEAT MILK</b>	<b>Cheeseburgers</b> <i>Oven Baked Beefburger, with cheese slice in a bread bun.</i> <b>CEREAL WHEAT MILK</b>	<b>Roast Gammon in Gravy</b> <i>Roast Gammon cooked in Gluten free Gravy</i> <b>SOYA</b>	<b>Salmon Fishcake</b> <i>Oven baked Salmon fishcake</i> <b>FISH CEREAL WHEAT</b>
<b>Main 2</b>	<b>Vegetable and Bean Risotto</b> <i>Wholegrain Rice, carrots, peas, cut green beans, broad beans, sweetcorn, leeks, onion, vegetable stock, black pepper</i> <b>CELERY</b>	<b>Vegetable pizza on a wholemeal Baguette</b> <i>Wholemeal Baguette, chopped tomatoes, mixed herbs, garlic, sweetcorn, onion, peppers, spinach cheese</i> <b>CEREAL WHEAT MILK</b>	<b>Sweet Butternut and Chickpea Burger</b> <i>Oven Baked butternut and chickpea patties in a bread bun</i> <b>SOYA WHEAT</b>	<b>Quorn Roast in Gravy</b> <i>Quorn Roast cooked in Gluten Free Gravy</i> <b>EGGS MILK SOYA</b>	<b>Vegetable and cheese crumble pie</b> <i>Mixed Vegetables in a cheese sauce with a Cheese crumble topping. Wholemeal Flour, Margarine cheese</i> <b>MILK WHEAT CEREAL</b>
<b>Main 3</b>	<b>Jacket Potato with Cheese and Salad</b> <i>Jacket Potato with Cheese, Salad, lettuce, cucumber, tomato</i> <b>MILK</b>	<b>Cheese Baguette with Salad</b> <i>Wholemeal Baguette with Cheese and Salad, lettuce, cucumber, tomato</i> <b>CEREAL WHEAT MILK</b>	<b>Jacket Potato Tuna Mayonnaise and Salad</b> <i>Jacket Potato with Tuna Mayonnaise and salad, lettuce, cucumber, tomato</i> <b>FISH EGG</b>	<b>Ham Baguette and Salad</b> <i>Wholemeal Baguette with Ham and Salad lettuce, cucumber, tomato</i> <b>CEREAL WHEAT</b>	<b>Jacket Potato and Beans</b> <i>Jacket Potato with low sugar and salt Baked Beans with salad lettuce, tomato, cucumber.</i>
<b>Accompaniment 1</b>	<b>Garlic Bread</b> <i>Wholemeal Baguette, garlic puree</i> <b>WHEAT</b>	<b>Seasoned wedges</b> <i>Seasoned potato wedges, oven baked</i>	<b>Carrot Sticks</b> <i>Raw carrot sticks</i>	<b>Mashed Potato</b> <b>MILK</b>	<b>Lemon, garlic and mixed vegetable Rice</b> <i>Wholegrain Rice, cooked with garlic, lemon and mixed vegetables, carrots, peas, green beans, broad beans, sweetcorn.</i> <b>CELERY</b>
<b>Accompaniment 2</b>	<b>Salad</b> <i>Lettuce, Cucumber, tomato</i>	<b>Beans</b> <i>Baked Beans reduced sugar and salt.</i>	<b>Salad</b> <i>Lettuce, Cucumber, Tomato</i>	<b>Mixed Vegetables</b> <i>Carrot, peas, broad beans, cut beans &amp; sweetcorn</i>	<b>Broccoli</b> <i>Steamed Broccoli</i>
<b>Dessert 1</b>	<b>Yogurt Pot and Blueberries</b> <i>Low fat yogurt, Blueberries</i> <b>MILK</b>	<b>Apple Flapjack</b> <i>Oats, margarine, golden syrup, sugar, apple</i> <b>CEREAL WHEAT</b>	<b>Raspberry Jelly and custard</b> <i>Raspberry flavour jelly and cold custard</i> <b>MILK</b>	<b>Greek yogurt and Fruit cocktail</b> <i>Greek Yogurt, Fruit cocktail pears, peaches, pineapple, grapes, cherries</i> <b>MILK</b>	<b>Lemon Drizzle cake</b> <i>Flour, sugar, eggs, margarine, lemon</i> <b>WHEAT EGGS</b>
<b>Dessert 2</b>	<b>Fresh seasonal Fruit</b> <i>Apple, Banana, Pear, orange, Plum</i>	<b>Fresh Seasonal Fruit</b> <i>Apple, Banana, Pear, Orange, Plum</i>	<b>Fresh Seasonal Fruit</b> <i>Apple Banana, Pear, orange, Plum</i>	<b>Fresh Seasonal Fruit</b> <i>Apple, Banana, Pear, Orange, Plum</i>	<b>Fresh Seasonal Fruit</b> <i>Apple, Banana, Pear, Orange, Plum</i>

Allergens in **bold**



### Week 3 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Macaroni Cheese</b> Macaroni pasta Canellini Beans, low fat crème fraiche, Black Pepper, sprinkled with Parsley and Mature Cheddar Cheese <b>WHEAT MILK</b>	<b>Sausages in Gravy</b> Lincolnshire Sausages x2 cooked in Gluten free Onion gravy. <b>SOYA CEREAL WHEAT</b>	<b>Mild Chicken Korma</b> Diced Chicken breast, onion, peppers in a mild Korma Sauce <b>MILK</b>	<b>Roast Beef and Yorkshire Pudding</b> Roast Beef, cooked in Gluten free Gravy with a Yorkshire pudding. <b>EGGS MILK CEREAL WHEAT SOYA</b>	<b>Jumbo fish finger with Tomato Sauce</b> Baked Jumbo Cod fishfinger with tomato Sauce Sachet <b>FISH CEREAL WHEAT</b>
<b>Main 2</b>	<b>Roasted Vegetable and Bean Pasta Bake</b> Wholemeal pasta, peppers, courgette, aubergine, onion and cannellini beans in a tomato sauce sprinkled with fresh basil and mature cheddar cheese. <b>WHEAT MILK</b>	<b>Quorn Vegan Sausages in gravy</b> Vegan Savoury Sausages x2 cooked in Gluten Free Onion Gravy. <b>WHEAT SOYA CEREAL</b>	<b>Mild Vegetable Korma</b> Sweet potato, onion, peppers, carrots, peas, broad beans, cut green beans and sweetcorn in a mild Korma Sauce. <b>MILK</b>	<b>Quorn Roast and Yorkshire Pudding</b> Quorn Roast, served in gluten free gravy and Yorkshire pudding <b>EGGS MILK CEREAL WHEAT SOYA</b>	<b>Vegetable Sausage</b> Baked lightly seasoned carrot, potato, peas, peppers onion and sweetcorn formed in sausage shape. <b>CEREAL WHEAT</b>
<b>Main 3</b>	<b>Cheese Baguette and Salad</b> Wholemeal Baguette with Cheese, Lettuce, Tomato and Cucumber <b>WHEAT MILK</b>	<b>Jacket Potato and Tuna Mayonnaise with Salad</b> Tuna in Mayonnaise, with baked Jacket Potato, Salad lettuce/ Cucumber/Tomato <b>FISH MILK</b>	<b>Ham Baguette and Salad</b> Wholemeal Baguette with Ham and Salad Lettuce/Cucumber/Tomato <b>WHEAT</b>	<b>Cheese Baguette and Salad</b> Wholemeal Baguette with Cheese and salad Lettuce/Cucumber/Tomato <b>MILK WHEAT</b>	<b>Jacket Potato with Beans and Salad</b> Low sugar/salt Baked Beans with baked Jacket Potato and Salad Lettuce/ Cucumber/Tomato
<b>Accompaniment 1</b>	<b>Garlic Bread</b> Baked Wholemeal Baguette infused with fresh garlic. <b>WHEAT</b>	<b>Mashed Potatoes</b> Mashed potato, milk <b>MILK</b>	<b>Brown Rice</b>	<b>Mashed Potatoes</b> Mashed Potato, milk <b>MILK</b>	<b>Chipped Potatoes</b> Oven Baked Chipped potatoes, sunflower oil
<b>Accompaniment 2</b>	<b>Salad</b> Lettuce, Cucumber, Tomato	<b>Carrots</b> Steamed Carrots	<b>Green Beans</b> Steamed sliced Green Beans	<b>Mixed Vegetables</b> Steamed Carrots, Peas, Broad beans, Cut green Beans and Sweetcorn	<b>Peas</b> Steamed Garden Peas
<b>Dessert 1</b>	<b>Yogurt Pot and Melon</b> Fat free Yogurt pot with fresh melon. Melon either Watermelon/Galia/ Honeydew <b>MILK</b>	<b>Raspberry Flavour Jelly and cold Custard</b> Raspberry Jelly served with cold custard (Contains Bovine unsuitable for vegetarians) <b>MILK</b>	<b>Fruit cocktail and evaporated milk</b> Fruit Cocktail containing Pears/Peaches/Pineapples/Grapes/ Cherries, Evaporated Milk <b>MILK</b>	<b>Blueberry Flapjack</b> Oats, margarine, golden syrup sugar, blueberries <b>WHEAT</b>	Apple crumble and custard Apple, Oats, Margarine, Sugar, Flour, custard <b>WHEAT CEREAL MILK</b>
<b>Dessert 2</b>	<b>Seasonal Fruit</b> Apple/Pear/Orange/Plum/Banana	<b>Seasonal Fruit</b> Apple/Pear/Orange/Plum/Banana	<b>Seasonal Fruit</b> Apple/ Pear/Orange/Plum/Banana	<b>Seasonal Fruit</b> Apple/Pear/Orange/Plum/Banana	<b>Seasonal Fruit</b> Apple/ Pear/Orange/Plum/Orange/Banana

Allergens in **bold**