



## Summer Term 2023 Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	Cheese pizza on a wholemeal Baguette Wholemeal Baguette, chopped tomatoes, mixed herbs, garlic, cheese <b>CEREAL WHEAT MILK</b>	Mild Chicken Korma Diced Chicken breast, onion, peppers in a mild Korma Sauce <b>MILK MUSTARD GLUTEN FREE</b>	Cheeseburger In A Bun Oven Baked Beefburger, with cheese slice in a bread bun. <b>CEREAL WHEAT MILK</b>	Roast Beef and Yorkshire Pudding Roast Beef, cooked in Gluten free Gravy with a Yorkshire pudding. <b>EGGS MILK CEREAL WHEAT SOYA</b>	Fish fingers Baked Cod fishfingers <b>FISH CEREAL WHEAT</b>
<b>Main 2</b>	Vegetable pizza on a wholemeal Baguette Wholemeal Baguette, chopped tomatoes, mixed herbs, garlic, sweetcorn, onion, peppers, spinach cheese <b>CEREAL WHEAT MILK</b>	Mild Vegetable & lentil korma Sweet potato, onion, peppers, carrots, peas, broad beans, cut green beans, lentils and sweetcorn in a mild Korma Sauce. <b>MILK</b>	Veggie Burger with Cheese in a bun Oven Baked butternut and chickpea patties in a bread bun <b>CEREAL WHEAT MILK</b>	Quorn Roast and Yorkshire Pudding Quorn Roast, served in gluten free gravy and Yorkshire pudding <b>EGGS MILK CEREAL WHEAT SOYA</b>	Spanish Omelette Peppers, onions, cheese. Seasoning. <b>EGGS MILK</b>
<b>Main 3</b>	Cheese Baguette with salad Wholemeal baguette, cheese. <b>CEREAL WHEAT MILK</b>	Jacket Potato Tuna Mayonnaise and Salad Jacket Potato with Tuna Mayonnaise and salad, lettuce, cucumber, tomato <b>FISH EGG</b>	Ham Baguette and Salad Wholemeal Baguette with Ham and Salad lettuce, cucumber, tomato <b>CEREAL WHEAT</b>	Jacket Potato with Cheese and Salad Jacket Potato with Cheese, Salad, lettuce, cucumber, tomato <b>MILK</b>	Jacket Potato and Beans Jacket Potato with low sugar and salt Baked Beans with salad lettuce, tomato, cucumber.
<b>Accompaniment 1</b>	Carrot Sticks Raw carrot sticks	Wholegrain Rice	Carrot Sticks Raw carrot sticks	Mashed Potato <b>MILK</b>	Chipped Potatoes Oven Baked Chipped potatoes, sunflower oil
<b>Accompaniment 2</b>	Sweetcorn	Green beans	Sweetcorn Tomato sauce sachet	Carrots	Baked Beans
<b>Dessert 1</b>	Yogurt and Peaches Low fat yogurt, Peaches <b>MILK</b>	Raspberry Jelly and custard Raspberry flavour jelly and cold custard <b>MILK, VEGETARIAN FREE</b>	Greek yogurt and berries Greek Yogurt, Fruit cocktail pears, peaches, pineapple, grapes, cherries <b>MILK</b>	Apple and sultana crumble and custard Apple, Oats, sultana, margarine, Sugar, Flour, custard <b>WHEAT CEREAL MILK</b>	Lemon Drizzle cake Flour, sugar, eggs, margarine, lemon <b>WHEAT EGGS</b>
<b>Dessert 2</b>	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**



## Summer Term 2023 Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	<b>Quorn Sausages in gravy</b> <i>Vegan Savoury Sausages x2 cooked in Gluten Free Onion Gravy.</i> <b>WHEAT SOYA CEREAL</b>	<b>Beef Bolognaise wholemeal pasta bake</b> <i>Minced beef, wholemeal pasta, chopped tomatoes, onion, garlic, carrot, mixed herbs cheese</i> <b>WHEAT MILK</b>	<b>Chicken Fillet Bites</b> <i>Chicken Breast chunks oven baked in a crispy batter</i> <b>WHEAT CEREAL</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>Cheesy leek and potato pie</b> <i>Potato, leek, cheese, wheat, milk, egg, garlic, crème fraiche.</i> <b>WHEAT MILK EGG</b>	<b>Quorn Bolognaise pasta Bake</b> <i>Wholemeal pasta, quorn mince, chopped tomatoes, onion, garlic, carrots.</i> <b>WHEAT MILK</b>	<b>Vegetable Nuggets</b> <i>Vegetables formed in a crisp breadcrumb nugget, carrot, sweetcorn, green beans, potato, cauliflower</i> <b>CEREAL WHEAT</b>	<b>Quorn Roast</b> <i>Quorn Roast, served in gluten free gravy.</i> <b>EGGS MILK CEREAL WHEAT SOYA</b>	<b>Vegetable Risotto</b> <i>Rice, onion, mixed vegetable, garlic, vegetable stock.</i>
<b>Main 3</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</i> <i>Lettuce/Cucumber/Tomato</i> <b>WHEAT</b>	<b>Jacket Potato and Beans</b> <i>Jacket Potato with low sugar and salt Baked Beans with salad</i> <i>lettuce, tomato, cucumber.</i>	<b>Cheese Baguette with salad</b> <i>Wholemeal baguette, cheese.</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>Accompaniment 1</b>	<b>Mashed Potatoes</b> <i>Mashed potato, milk</i> <b>MILK</b>	<b>Garlic Bread</b> <i>Baked Wholemeal Baguette infused with fresh garlic.</i> <b>WHEAT</b>	<b>Chipped Potatoes</b> <i>Oven Baked Chipped potatoes, sunflower oil</i>	<b>Mashed Potatoes</b> <i>Mashed potato, milk</i> <b>MILK</b>	<b>Brown Vegetable Rice</b> <i>Mixed veg, lemon juice, garlic</i>
<b>Accompaniment 2</b>	<b>Peas</b>	<b>Broccoli</b>	<b>Mixed salad, tomato sauce sachet</b>	<b>Carrots</b>	<b>Carrot sticks</b>
<b>Dessert 1</b>	<b>Yogurt and blueberries</b> <i>Low fat yogurt, blueberries</i> <b>MILK</b>	<b>Pear crumble and cream</b> <i>Pears, oats, sugar, margarine, wholemeal flour</i> <b>MILK WHEAT CEREAL</b>	<b>Ice cream</b> <b>MILK</b>	<b>Apple sponge</b> <i>Apples, flour, margarine, egg, sugar</i> <b>WHEAT EGG</b>	<b>Raspberry jelly and custard</b> <i>Dairy free, vegetarian free.</i> <b>MILK</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**



## Summer Term 2023 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>Sweet &amp; Sour Chicken</b> Mixed vegetables, chicken, peppers, onions, sweet & sour sauce, garlic, gluten free. <b>MILK MUSTARD, GF</b>	<b>Hot Dogs (Lincolnshire Sausage)</b> Lincolnshire sausage, bread roll <b>CEREAL WHEAT</b>	<b>Roast chicken &amp; stuffing</b> Roast Chicken, cooked in Gluten free Gravy with a stuffing ball. <b>CEREAL WHEAT SOYA</b>	<b>Fish Square</b> Baked Cod portion <b>FISH CEREAL WHEAT MUSTARD</b>
<b>Main 2</b>	<b>Cheese &amp; Onion Quiche</b> Eggs, milk, onion, wholemeal flour, margarine, seasoning. <b>EGG WHEAT MILK CEREAL</b>	<b>Sweet &amp; Sour Quorn</b> Mixed vegetables, quorn, peppers, onions, sweet & sour sauce, garlic, gluten free. <b>EGG, GLUTEN FREE</b>	<b>Quorn Dog</b> Quorn Sausage, bread roll <b>EGG WHEAT</b>	<b>Quorn Roast and Stuffing</b> Quorn Roast, served in gluten free gravy with stuffing ball. <b>EGGS MILK CEREAL SOYA</b>	<b>Salt &amp; Vinegar Fishless Fillet</b> Baked lightly seasoned carrot, potato, peas, peppers onion and sweetcorn formed in sausage shape. <b>CEREAL WHEAT BARLEY</b>
<b>Main 3</b>	<b>Jacket Potato with Cheese and Salad</b> Jacket Potato with Cheese, Salad, lettuce, cucumber, tomato <b>MILK</b>	<b>Tuna Baguette with salad</b> Tuna in Mayonnaise <b>FISH MILK EGG CEREAL WHEAT</b>	<b>Jacket Potato with Cheese and Salad</b> Jacket Potato with Cheese, Salad, lettuce, cucumber, tomato <b>MILK</b>	<b>Ham Baguette and Salad</b> Wholemeal Baguette with Ham and Salad Lettuce/Cucumber/Tomato <b>WHEAT</b>	<b>Jacket Potato Tuna Mayonnaise and Salad</b> Jacket Potato with Tuna Mayonnaise and salad, lettuce, cucumber, tomato <b>FISH EGG</b>
<b>Accompaniment 1</b>	<b>Sweetcorn</b>	<b>Brown Rice</b>	<b>Carrot Sticks</b>	<b>Mashed Potatoes</b> Mashed Potato, milk <b>MILK</b>	<b>Mixed Salad</b>
<b>Accompaniment 2</b>	<b>Garlic Bread</b> <b>MILK WHEAT</b>	<b>Peas</b>	<b>Cucumber Sticks</b>	<b>Carrots</b>	<b>Chipped Potatoes</b> Oven Baked Chipped potatoes, sunflower oil
<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>Blueberry Flapjack</b> Blueberries, oats, margarine, golden syrup, sugar, <b>WHEAT</b>	<b>Coco Sponge &amp; chocolate custard</b> Flour, milk, sugar, egg, cocoa powder. <b>MILK CEREAL EGG</b>	<b>Greek yogurt and berries</b> Greek Yogurt, Fruit cocktail pears, peaches, pineapple, grapes, cherries <b>MILK</b>	<b>Peach Cobbler &amp; cream</b> Peaches, oats, margarine, sugar, wholemeal flour <b>MILK CEREAL WHEAT</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**