



Menu 2 Week 1 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Ham Pizza (Cheese MILK , Ham, Chopped Tomatoes, Garlic, Onion, Mixed Herbs, Pizza Base WHEAT MILK)	Minced Beef Bolognese Pasta Bake (Minced Beef, Chopped Tomatoes, Onion, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Roast Chicken and Stuffing (Chicken, Gravy, Stuffing Ball Pork, sage and onion WHEAT)	Hot Dog (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT MILK)	Fish Square (FISH , Coating WHEAT EGG)
Main 2	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, Garlic, Onions, Mixed Herbs, Pizza Base WHEAT MILK)	Quorn Bolognese and Lentil Pasta Bake (Quorn Mince EGG , Chopped Tomatoes, Garlic, Onions, Mixed Herbs, Lentils, Pasta WHEAT , Cheese MILK)	Quorn Roast (Quorn Fillet EGG , Gravy)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Veggie Goulash served with Rice (Onion, Pepper Quorn EGG , Garlic, Paparika, Chopped Tomatoes, Herbs, Tomato Puree, Rice)
Main 3	Jacket Potato with Chicken Mayonnaise (Potato baked with skin on, Chicken, Mayonnaise EGG MUSTARD)	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	Raw Carrot Sticks	Homemade Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Sugar, Water, Garlic, Mixed Herbs)	New Potatoes	Homemade Potato Wedges (Potatoes cooked in sunflower oil)	Oven Baked Potato Crisccuts
Accompaniment 2	Peas Sweetcorn	Cabbage Cauliflower	Carrots Peas	Cucumber Sticks Sweetcorn Tomato Ketchup Sachet	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Apple Fruit Cake (Flour WHEAT , Margarine MILK , EGGS , Sugar, Apples, Mixed Spice)	Artic Roll (Artic Roll MILK EGGS WHEAT SOYA)	Fruity Flapjack (Apples, Sultanas, Porridge Oats WHEAT , Sugar, Margarine MILK)	Chocolate Orange Cake (Coco Powder, Orange Essence, Flour WHEAT , Sugar, Margarine MILK , EGGS)
Dessert 2	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter

Allergens in **bold**



Menu 2 Week 2 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Mild Chilli Con Carne (Minced Beef, Chilli Powder, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans)	Beef Stew and Yorkshire Pudding (Beef, Gravy, Carrots, Onions, Peas, Swede, Leek)	Roast Pork with Stuffing Ball (Pork, Gravy, Stuffing Ball – pork, sage and onion WHEAT)	Meatball Pasta Bake (Pork and Beef Meatballs SOYA , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Fish Fingers (FISH , Breadcrumbs WHEAT EGG)
Main 2	5 Bean Chilli (5 Bean Salad, Chilli Powder, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans)	Winter Vegetable Hearty Risotto (Seasonal Vegetables, Rice, Vegetable Stock, Seasoning)	Quorn Roast (Quorn Fillet EGG , Gravy)	Roasted Vegetable and Lentil Pasta Bake (Courgette, Mushrooms, Peppers, Onions, Chopped Tomatoes, Lentils, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Cheese Pinwheel (Cheese MILK , Potatoes, EGG , Pastry MILK WHEAT)
Main 3	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 Tuna Mayonnaise (Potato baked with skin on, Tuna FISH , Mayonnaise MUSTARD EGG)	Jacket Potato with Baked Beans (Potato baked with skin on, Baked Beans)
Accompaniment 1	Rice	Homemade Roast Potatoes (Potatoes cooked in Sunflower Oil)	New Potatoes	Broccoli	Homemade Potato Wedges (Potatoes cooked in Sunflower Oil)
Accompaniment 2	Peas Sweetcorn	Cauliflower Cabbage	Carrots Peas	Sweetcorn	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Ginger Sponge with Iced Topping (Ginger, Sugar, Flour WHEAT , Margarine MILK , EGG , Icing Sugar, MILK)	Ice Cream (Ice Cream MILK)	Coco and Raspberry Sponge Cake (Coco Powder, Raspberries, Flour WHEAT , Sugar, Margarine MILK , EGGS)	Chocolate Fudge Cake (Coco Powder, Icing Sugar, MILK , Margarine MILK , Flour WHEAT , EGGS , Sugar)
Dessert 2	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter

Allergens in **bold**



Menu 2 Week 3 Allergy Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Chicken, Onions, Peppers, Chopped Tomatoes, Garlic, Mixed Herbs, Garam Massala, Tikka Paste)	Chicken and Ham Pasta (Diced Chicken Breast, Ham, Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Roast Beef and Yorkshire Pudding (Beef, Gravy, Yorkshire Pudding MILK EGG WHEAT)	Chicken Nuggets (Chicken, Flour WHEAT , EGG , MILK)	Salmon and Broccoli Bake (Salmon FISH , Broccoli, Pasta WHEAT , White Sauce WHEAT MILK , Cheese MILK)
Main 2	Vegetable and Lentil Curry (Peppers, Onions, Carrots, Potatoes, Lentils, Chopped Tomatoes, Mixed Herbs, Garlic, Garam Massala, Tikka Paste)	Macaroni Cheese (Pasta WHEAT , White Sauce MILK WHEAT , Cheese MILK)	Quorn Roast with Yorkshire Pudding (Quorn Fillet EGG , Gravy, Yorkshire Pudding MILK EGG WHEAT)	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 (Potato baked with skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Potato baked with skin on, Tuna FISH , Mayonnaise MUSTARD EGG)	Jacket Potato with Cheese (Potato baked with skin on, Cheese MILK)	Jacket Potato with Baked Beans (Potato baked with skin on, Baked Beans)	Jacket Potato with Cheese (Potato baked with skin on, Cheese MILK)
Accompaniment 1	Homemade Naam Bread (Flour WHEAT , Baking Soda, Sugar, Mixed Herbs, Sunflower Oil, MILK)	Homemade Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Water, Sugar, Garlic, Mixed Herbs)	Homemade Roast Potatoes (Potatoes cooked in Sunflower Oil)	Homemade Potato Wedges (Potatoes cooked in Sunflower Oil)	Sweetcorn
Accompaniment 2	Rice Peas	Green Beans Sweetcorn	Carrots Cabbage	Peas Baked Beans	Cauliflower
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Sultana and Cherry Cake (Sultanas, Cherries, Flour WHEAT , EGG , Sugar, Margarine MILK)	Strawberry Ice Cream (Ice Cream MILK)	Victoria Sponge Cake (Flour WHEAT , Margarine MILK , EGG , Sugar, Jam, Icing Sugar, MILK)	Lemon Drizzle Cake (Lemons, Sugar, Margarine MILK , EGG , Flour WHEAT)
Dessert 2	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter

Allergens in **bold**