

Week 1 Allergy Menu September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	BBQ Chicken Wraps (Chicken Breast Diced, BBQ Sauce, Wraps WHEAT MILK)	Chilli Con Carne (Minced Beef, Chilli Powder, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans)	Roast Chicken with Stuffing Ball (Chicken, Gravy, Stuffing Ball –Sage and Onion WHEAT)	Meatball Pasta Bake (Pork and Beef Meatballs SOYA , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Fish Squares (FISH , Breadcrumb Coating WHEAT MILK EGG)
Main 2	Cheese and Onion Quiche (Cheese MILK , Onions, MILK , EGGS , Pastry WHEAT, MILK)	5 Bean Chilli with Lentils (5 Bean Salad, Chilli Powder, Lentils, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans)	Quorn Roast (Quorn EGG , Gravy)	Quorn Mince, Roasted Vegetable and Lentil Pasta Bake (Quorn Mince EGG , Peppers, Courgette, Chopped Tomatoes, Onion, Lentils, Pasta WHEAT , Garlic, Mixed Herbs, Cheese MILK)	Cheese Omelette (Cheese MILK , EGGS , MILK , Seasoning)
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 EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	Homemade Garlic Bread (Garlic Puree, Mixed Herbs, Bread Dough WHEAT MILK)	New Potatoes	Sweetcorn	Chipped Potatoes Oven Baked (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Cucumber Sticks Sweetcorn	Green Beans Rice	Carrots Broccoli	Cabbage	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Apple and Sultana Flapjack (Apples, Sultanas, Porridge Oats WHEAT , Sugar, Margarine MILK)	Vanilla Ice Cream (Ice Cream MILK)	Lemon Drizzle Cake (Lemons, Sugar, Margarine MILK , EGG , Flour WHEAT)	Chocolate Fudge Cake (Sugar, Margarine MILK , Flour WHEAT , EGG , Coco Powder, Icing Sugar, MILK)
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit

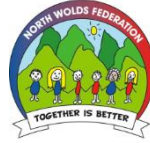
Allergens in **bold**



Week 2 Allergy Menu September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pizza Dough WHEAT MILK)	Chicken and Garlic Pasta Bake (Diced Chicken Breast, Garlic, Garlic Puree, Mixed Herbs, Chopped Tomatoes, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Roast Pork and Stuffing Ball (Pork, Gravy, Stuffing Ball Sage and Onion WHEAT)	Chicken Nuggets (Chicken Breast, Coating WHEAT)	Salmon Pasta Bake in a Tomato and Herb Sauce (Salmon FISH , Chopped Tomatoes, Mixed Herbs, Garlic, Parsley, Pasta WHEAT , Cheese MILK)
Main 2	Lentil and Vegetable Risotto with a Tomato Sauce (Lentils, Carrots, Peas, Peppers, Potatoes, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Rice)	Quorn Mince and Lentil Pasta Bake (Quorn EGG , Onion, Chopped Tomatoes, Red Lentils, Garlic Puree, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Quorn Roast (Quorn EGG , Gravy)	Baked Bean Flan (Baked Beans, Cheese MILK , Pastry WHEAT MILK)	Cheese and Broccoli Bake (Cheese MILK , Broccoli, Potatoes, Garlic Puree, Mixed Herbs, Bechamel Sauce 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 EGG MUSTARD)	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)
Accompaniment 1	Cucumber Sticks (Main 1 only)	Sweetcorn	New Potatoes	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	Cucumber Sticks
Accompaniment 2	Sweetcorn Peas	Cabbage	Carrots Broccoli	Peas Baked Beans	Carrot Sticks Sweetcorn
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Raspberry and Coconut Sponge Cake (Raspberries, Coconut, Sugar, Margarine MILK , Flour WHEAT , EGG)	Artic Roll (Artic Roll MILK EGGS WHEAT)	Banana and Sultana Sponge Cake (Bananas, Sultanas, Sugar, Margarine MILK , Flour WHEAT , EGG)	Victoria Sponge Cake (Sugar, Margarine MILK , Flour WHEAT , EGG , Jam, Icing Sugar, MILK)
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit

Allergens in **bold**



Week 3 Allergy Menu September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Diced Chicken Breast, Peppers, Onion, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Minced Beef Bolognaise Pasta Bake (Minced Beef, Chopped Tomatoes, Mixed Herbs, Onions, Garlic Puree, Pasta WHEAT , Cheese MILK)	Roast Gammon with Yorkshire Pudding (Gammon, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Hot Dogs (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT)	Fish Fingers (FISH , Breadcrumbs WHEAT EGG)
Main 2	Vegetable and Lentil Curry (Carrots, Potatoes, Peppers, Onions, Sweetcorn, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Macaroni Cheese (Cheese MILK , Pasta WHEAT , White Sauce WHEAT MILK)	Quorn Roast with Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT)	Cheese Pinwheel (Cheese MILK , Potatoes, EGG , Pastry WHEAT MILK)
Main 3	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Chicken Mayonnaise (Potato Baked with skin on, Chicken, Mayonnaise EGG MUSTARD)	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Naam Bread (Flour WHEAT, MILK , Mixed Herbs, Bicarbonate of Soda, Oil, Sugar)	Cauliflower	Homemade Roast Potato (Potatoes Cooked in Sunflower Oil)	Raw Carrot Sticks	Chipped Potatoes Oven Baked (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Rice Peas	Cabbage	Carrots Broccoli	Cucumber Sticks Sweetcorn Tomato Sauce Sachet	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Apple and Sultana Sponge Cake (Apples, Sultanas, Sugar, Margarine MILK , Flour WHEAT, EGG)	Toffee Ice Cream (Ice Cream MILK , Toffee Flavouring)	Raspberry and Coco Sponge Cake (Coco Powder, Raspberries, Sugar, Margarine MILK , Flour WHEAT, EGG)	Chocolate Orange Sponge Cake (Orange Essence, Coco Powder, Sugar, Margarine MILK , Flour WHEAT, EGG)
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit

Allergens in **bold**