

**January 2022 Week 1 Allergy Information**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main 1** | **Cheese and Tomato Pizza**(Cheese **MILK**, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pizza Dough **WHEAT MILK**) | **Beef Stew with Yorkshire Pudding**(Stewing Beef, Onion, Leek, Carrots, Peas, Swede, Gravy, Yorkshire Pudding **WHEAT EGG MILK**) | **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**  | **Vegetable and Lentil Risotto in a Tomato Sauce**(Lentils, Carrots, Peas, Peppers, Potatoes, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Rice) | **Quorn Stew with Yorkshire Pudding**(Quorn **EGG**, Onion, Leek, Carrot, Peas, Swede, Gravy, Yorkshire Pudding **WHEAT EGG MILK**) | **Quorn Roast with Stuffing Ball**(Quorn **EGG**, Gravy, Stuffing Ball – Sage and Onion **WHEAT**) | **Vegetable, Lentil and Quorn Pasta Bake**(Quorn Mince **EGG**, Peppers, Courgette, Chopped Tomatoes, Onion, Lentils, Pasta **WHEAT**, Garlic, Mixed Herbs, Cheese **MILK**) | **Spanish Omelette**(**EGG MILK**, Potatoes, Peppers, Onions, Chives, Seasoning, Cheese **MILK**) |
| **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** | **Cucumber Sticks** | **Homemade Roast Potatoes**(Potatoes Cooked in Sunflower Oil) | **New Potatoes** | **Homemade Garlic Bread**(Garlic Puree, Mixed Herbs, Bread Dough **WHEAT MILK**) | **Chipped Potatoes Oven Baked**(Potatoes Cooked in Sunflower Oil) |
| **Accompaniment 2** | **Peas****Sweetcorn** | **Cauliflower****Broccoli** | **Carrots****Green Beans** | **Broccoli****Sweetcorn** | **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**) | **Raspberry and Coconut Sponge**(Raspberries, Coconut, Sugar, Margarine **MILK**, Flour **WHEAT, EGG**) | **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**



**January 2022 Week 2 Allergy Information**

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|  | **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 Lasagne**(Minced Beef, Chopped Tomatoes, Onion, Garlic, Mixed Herbs, Pasta **WHEAT**, Cheese **MILK**, White Sauce **WHEAT MILK**) | **Roast Pork with Stuffing Ball**(Pork, Gravy, Stuffing Ball –Sage and Onion **WHEAT**) | **Chicken Nuggets**(Chicken Breast, Coating **WHEAT**) | **Salmon and Cod Fishcake**(**FISH**, Coating on fishcake **WHEAT EGG MILK**) |
| **Main 2**  | **Sweet Potato, Vegetable and Lentil Curry**(Sweet Potatoes, Carrot, 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 Stuffing Ball**(Quorn **EGG**, Gravy, Stuffing Ball – Sage and Onion **WHEAT**) | **Baked Bean Flan**(Baked Beans, Cheese **MILK**, Pastry **WHEAT MILK**) | **Quorn Mince Chilli Con Carne**(Quorn Mince **EGG**, Chopped Tomatoes, Baked Beans, Onion, Chilli Powder, Chilli Flakes, Mixed Herbs, Garlic Puree) |
| **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 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 Baked Beans**(Potato Baked with Skin on, Baked Beans) |
| **Accompaniment 1** | **Homemade Naam Bread**(Flour **WHEAT, MILK**, Mixed Herbs, Bicarbonate of Soda, Oil, Sugar) | **Homemade Garlic Bread**(Garlic Puree, Mixed Herbs, Bread Dough **WHEAT MILK**) | **New Potatoes** | **Homemade Potato Wedges**(Potatoes Cooked in Sunflower Oil) | **Sweet Potato Sticks (Cooked)** |
| **Accompaniment 2** | **Rice****Green Beans** | **Cabbage****Sweetcorn** | **Carrots****Broccoli** | **Cucumber Sticks****Sweetcorn****Tomato Sauce Sachet (Nuggets Only)** | **Peas****Carrot Sticks** |
| **Dessert 1** | **Yoghurts**(Low Fat Yoghurt **MILK**) | **Raspberry and Coco Sponge Cake**(Coco Powder, Raspberries, Sugar, Margarine **MILK**, Flour **WHEAT, EGG**) | **Artic Roll**(Artic Roll **MILK EGGS WHEAT**) | **Lemon Drizzle Sponge Cake**(Lemons, Sugar, Margarine **MILK, EGG**, Flour **WHEAT**) | **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**



**January 2022 Week 3 Allergy Information**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main 1** | **Pulled Chicken and Black Bean Chilli**(Diced Chicken Breast, Onion, Garlic Puree, Mixed Herbs, Chopped Tomatoes, Black Beans, Lime Juice, Chipotle Paste) | **Cheese and Ham Pasta Bake**(Cheese **MILK**, Ham, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pasta **WHEAT**) | **Roast Gammon with Yorkshire Pudding**(Gammon, Gravy, Yorkshire Pudding **WHEAT EGG MILK**) | **Hot Dog (Lincolnshire Sausage)**(Lincolnshire Sausage **WHEAT**, Bread Roll **WHEAT**) | **Cod Goujons**(Cod **FISH**, Coating Breadcrumb **WHEAT**) |
| **Main 2**  | **5 Bean Chilli and Lentils**(5 Bean Salad, Chilli Powder, Lentils, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans) | **Vegetable Pasta Bake**(Peppers, Onion, Courgette, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pasta **WHEAT**, Cheese **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 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 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** | **Rice** | **Homemade Garlic Bread**(Garlic Puree, Mixed Herbs, Bread Dough **WHEAT MILK**) | **Homemade Roast Potatoes**(Potatoes Cooked in Sunflower Oil) | **Carrot Sticks** | **Chipped Potatoes Oven Baked**(Potatoes Cooked in Sunflower Oil) |
| **Accompaniment 2** | **Broccoli****Sweetcorn** | **Cabbage****Cauliflower** | **Carrots****Green Beans** | **Cucumber Sticks****Sweetcorn****Tomato Sauce Sachet** | **Peas****Baked Beans** |
| **Dessert 1** | **Yoghurt**(Low Fat Yoghurt **MILK**) | **Lemon and Lime Sponge Cake**(Lemons, Limes, Sugar, Margarine **MILK**, Flour **WHEAT, EGG**) | **Ice Cream Pot**(Ice Cream **MILK**) | **Raspberry and Orange Sponge Cake**(Raspberries, Orange, Sugar, Margarine **MILK**, Flour **WHEAT, EGG**) | **Ginger Iced Sponge Cake**(Ginger, Sugar, Margarine **MILK**, Flour **WHEAT**, **EGGS**, Icing Sugar, Water) |
| **Dessert 2** | **Fresh Fruit** | **Fresh Fruit** | **Fresh Fruit** | **Fresh Fruit or Yoghurt**(Low Fat Yoghurt **MILK**) | **Fresh Fruit** |

Allergens in **bold**