

**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**