[](http://www.babbitwebdesign.info/wolds/)

North Wolds Federation Allergen List Autumn 2016

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn Term Menu Week 1 Allergens (Allergens are bold text in brackets)** | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Cottage Pie**  (Minced Beef, Carrots, Peas, Onions, Gravy Granules, Mash Potato **MILK**, Cheese **MILK**) | **Chicken Curry**  (Diced Chicken, Onions, Garlic, Garam Masala, Chopped Tomatoes, Peppers, Curry Paste and Seasoning) | **Lincolnshire Sausages in Gravy**  (Sausages **WHEAT**, Gravy) | **Homemade Steak Pie with a Short Crust Pastry Top**  (Stewing Beef, Gravy, Onion, Seasoning, Flour **WHEAT**, Margarine **MILK**, Water, **EGGS**) | **Salmon and Broccoli Bake**  (Salmon **FISH**, Broccoli, Pasta **WHEAT, MILK,** Flour **WHEAT**, Margarine **MILK**, Seasoning and Mixed Herbs) |
| **MAIN 2** | **Gardener Pie**  (Swede, Turnip, Onion, Peas, Carrots, Vegetarian Gravy Granules, Mash Potatoes **MILK**, Cheese **MILK)** | **Vegetable and Lentil Curry**  (Lentils, Onions, Garlic, Peppers, Mushrooms, Chopped Tomatoes, Garam Masala, Curry Paste and Seasoning) | **Quorn Sausages in Gravy**  (Quorn Sausages **EGGS**,  Gravy) | **Cheese Omelette**  (Cheese **MILK, EGGS, MILK**) | **Pasta in Tomato Sauce**  (Pasta **WHEAT**, Chopped Tomatoes, Tomato Puree, Onions, Garlic and Mixed Herbs) |
| **MAIN 3** | **Jacket potato with Tuna Mayonnaise**  (Potato baked with skin on, Tuna **FISH**, Mayonnaise **EGGS, MUSTARD**) | **Jacket Potato with Baked Beans**  (Potato baked with skin on, Baked beans) | **Jacket Potato with Chicken Mayonnaise**  (Potato baked with skin on, Chicken, Mayonnaise **EGGS, MUSTARD**) | **Jacket Potato with Cheese**  (Potato Baked with skin on, Cheese **MILK**) | **Jacket Potato with Cheese and Baked Beans**  (Potato Baked with skin on, Cheese **MILK**, Baked Beans) |
| **ACC1** | **Broccoli** | **Homemade Naan Bread**  (Flour **WHEAT**, **MILK**, Bicarbonate Soda, Seasoning, Vegetable Oil, Sugar) | **New Potatoes** | **Homemade Potato Wedges**  (Potatoes cooked in Vegetable oil) | **Carrots** |
| **ACC** | **Cabbage** | **Rice**  **Broccoli** | **Carrots**  **Peas** | **Peas**  **Sweetcorn** | **Cabbage** |
| **DES 1** | **Apple Sponge**  (Apples, Sugar, Margarine **MILK**, **EGGS**, Flour **WHEAT**) | **Yoghurt**  (Low Fat Yoghurt **MILK**) | **Apple and Rhubarb Crumble and custard**  (Apple, Rhubarb, Flour **WHEAT**, Sugar, Margarine **MILK**, Custard **MILK, EGGS**) | **Ice Cream**  (Ice Cream **MILK, EGGS**) | **Chocolate Brownie**  (Butter **MILK**, Coco Powder, Flour **WHEAT,**  Sugar, **EGGS**) |
| **DES 2** | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter** | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn Term Menu Week 2 Allergens (Allergens are in bold text in brackets)** | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Pork Meatballs and Spaghetti in a Tomato Sauce**  (Pork, Seasoning, **WHEAT**, **EGGS,** Spaghetti **WHEAT**, Onions, Garlic, Chopped Tomatoes) | **Spaghetti Bolognaise**  (Mince Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Tomato Puree, Spaghetti **WHEAT**) | **Roast Chicken and Stuffing**  (Chicken, Gravy, Stuffing **WHEAT**) | **Cheese and Ham Pizza**  (Cheese **MILK**, Ham, Flour **WHEAT**, Margarine **MILK**, Yeast, Sugar, Water, Chopped Tomatoes, Onions, Garlic, Mixed Herbs) | **Fish Fingers**  (**FISH**, Bread crumbs **WHEAT**, **EGGS**) |
| **MAIN 2** | **Roasted Vegetable Pasta Bake**  (Courgette, Peppers, Onions, Chopped Tomatoes, Garlic, Mixed Herbs, Pasta **WHEAT**, Cheese **MILK**) | **Macaroni Cheese**  (Pasta **WHEAT**, Cheese **MILK**, Seasoning, Margarine **MILK**, Flour **WHEAT, MILK**) | **Quorn Roast and Stuffing**  (Quorn **EGG**, Stuffing **WHEAT**) | **Quorn and Vegetable Risotto**  (Quorn **EGG**, Onion, Garlic, Peppers, Courgette, Tomatoes, Mushrooms, Rice, Vegetable Stock) | **Cheese and Broccoli Bake**  (Cheese **MILK**, Broccoli, Potatoes, Seasoning, **MILK,** Margarine **MILK**, Flour **WHEAT**) |
| **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 Baked Beans**  (Potato baked with skin on, Baked Beans) | **Jacket Potato with Baked Beans**  (Potato baked with skin on, Baked Beans) |
| **ACC 1** | **Homemade Garlic Bread**  (Flour **WHEAT**, Margarine **MILK**, Yeast, Sugar, Water, Garlic, Mixed Herbs) | **Cabbage** | **New Potatoes** | **Sweetcorn** | **Homemade Potato Wedges**  (Potatoes cooked in Vegetable Oil) |
| **ACC 2** | **Cabbage**  **Peas** | **Broccoli** | **Broccoli**  **Carrots** | **Cabbage** | **Peas**  **Baked Beans** |
| **DES 1** | **Fruit Platter** | **Squidgy Chocolate and Pear Pudding**  (Butter **MILK**, Sugar, **EGGS**, Flour **WHEAT**, Coco Powder, Pears) | **Jelly and Custard**  (Jelly Crystals, Water, Custard **MILK, EGG**) | **Yoghurt**  (Low Fat Yoghurt **MILK**) | **Lemon Drizzle Cake**  (Lemons, Flour **WHEAT**, Sugar, Margarine **MILK**, **EGGS**) |
| **DES 2** | **Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter** | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn Term Menu Week 3 Allergens (Allergens are in bold text in brackets)** | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MAIN 1** | **Beef Lasagne**  (Minced Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Tomato Puree, Pasta **WHEAT**, **MILK,** Margarine **MILK**, Flour **WHEAT**, Cheese **MILK**) | **Sweet and Sour Chicken**  (Chicken, Pineapple, Peppers, Carrots, Tomatoes, Garlic, Sugar, Tomato Ketchup, Cornflour, Water) | **Chicken Casserole and Yorkshire Pudding**  (Chicken, Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding **WHEAT, MILK, EGG**) | **Beef Burgers**  (Minced Beef, Onions, **EGG**, Seasoning, Flour **WHEAT**) | **Fish Cakes (Salmon and Haddock)**  (**FISH**, Breadcrumbs **WHEAT**, Flour **WHEAT, EGG**) |
| **MAIN 2** | **Lentil and Vegetable Lasagne**  (Lentils, Onions, Courgette, Peppers, Chopped Tomatoes, Garlic, Seasoning, Pasta **WHEAT**, Cheese **MILK**) | **Quorn Sweet and Sour**  (Quorn **EGG**, Pineapple, Peppers, Carrots, Tomatoes, Garlic, Sugar, Tomato Ketchup, Cornflour, Water) | **Quorn Casserole and Yorkshire Pudding**  (Quorn **EGG**, Onions, Carrots, Peas, Swede, Turnip, Gravy, Yorkshire Pudding **WHEAT, MILK, EGG**) | **Leek and Potato Pie in a White Sauce, topped with Cheese**  (Leek, Potato, Margarine **MILK**, **MILK**, Flour **WHEAT**, Cheese **MILK**) | **Spanish Omelette**  (Potato, Peppers, Chives, Onions, Cheese **MILK, EGGS**) |
| **MAIN 3** | **Jacket Potato with Tuna Mayonnaise**  (Potato baked with skin on, Tuna **FISH**, Mayonnaise **EGG, MUSTARD**) | **Jacket Potato with Tuna Mayonnaise**  (Potato baked with skin on, Tuna **FISH**, Mayonnaise **EGG, MUSTARD**) | **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 Baked Beans**  (Potato baked with skin on, Baked Beans) |
| **ACC**  **1** | **Homemade Garlic Bread**  (Garlic, Mixed Herbs, Flour **WHEAT**, Yeast, Sugar, Water, Margarine **MILK**) | **Noodles**  (**WHEAT**) | **Roast Potatoes**  (Potatoes cooked in Vegetable Oil) | **Homemade Potato Wedges**  (Potatoes cooked in Vegetable Oil) | **New Potatoes** |
| **ACC**  **2** | **Peas**  **Sweetcorn** | **Broccoli**  **Carrots** | **Leeks**  **Broccoli** | **Peas**  **Baked Beans** | **Carrots**  **Salad** |
| **DES**  **1** | **Apple Flapjack**  (Apples, Oats, Sugar, Golden Syrup, Margarine **MILK**) | **Fruity Muffins**  (Dried Mixed Fruit, **EGGS**, Sugar, Flour **WHEAT**, **MILK**, Vegetable Oil) | **Cookies**  (Flour **WHEAT**, Sugar, Margarine **MILK, EGGS**, Coco Powder) | **Chocolate Custard**  (**MILK, EGGS**, Sugar, Coco Powder, Cornflour) | **Coconut and Jam Sponge**  (Butter **MILK**, Sugar, Flour **WHEAT**, **EGGS**, Jam, Coconut) |
| **DES**  **2** | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) | **Fruit Platter or Yoghurt**  (Low Fat Yoghurt **MILK**) |