



North Wolds Federation Allergy Sheets Summer 2017 Menu

Allergens In Bold Text In Brackets					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Pork and Beef Meatballs in a Tomato Sauce with Spaghetti (Pork, Beef, Seasoning, EGG , WHEAT , Spaghetti WHEAT , Chopped Tomatoes, Onions, Garlic)	Chilli Con Carne (Minced Beef, Onions, Chopped Tomatoes, Baked Beans, Garlic, Chilli Powder, Mixed Herbs)	Steak Pie (Short Crust Pastry Top) (Stewing Beef, Onions, Gravy Granules, Flour WHEAT , Margarine MILK , Water)	Cheese and Ham Pizza (Cheese MILK , Ham, Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Flour WHEAT , Yeast, Sugar, Margarine MILK)	Fish Fingers (Cod FISH , Breadcrumbs WHEAT , EGG , Flour WHEAT)
Main 2	Lentil and Roasted Vegetable Pasta Bake (Lentils, Onions, Peppers, Mushrooms, Courgette, Garlic, Chopped Tomatoes, Mixed Herbs, Pasta WHEAT , Cheese MILK)	5 Bean Veggie Chilli (Kidney Beans, Cannelloni Beans, Mixed Beans, Onions, Garlic, Chilli Powder, Paprika, Tomatoes)	Quorn Roast (Quorn EGG , Gravy Granules)	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Flour WHEAT , Yeast, Sugar, Margarine MILK)	Cheese and Onion Omelette (Cheese MILK , Onion, MILK , EGG , Seasoning)
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 EGGS , 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 EGGS , MUSTARD)	Jacket Potato with Cheese and Baked Beans (Potato Baked with Skin on, Cheese MILK , Baked Beans)
Accompaniment 1	Homemade Garlic Bread (Flour WHEAT , Margarine MILK , Yeast, Garlic, Mixed Herbs)	Rice	New Potatoes	Peas	Homemade Potato Wedges (Potatoes cooked in Vegetable oil)
Accompaniment 2	Peas Broccoli	Carrots Salad	Carrots Cabbage	Sweetcorn	Peas Baked Beans
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Apple and Sultana Granola (Apples, Sultanas, Porridge Oats, Sugar, Golden Syrup, Margarine MILK)	Jam Sponge (Jam, Self Raising Flour WHEAT , Margarine MILK , Sugar, EGGS)	Ice Cream (Ice Cream MILK , EGGS)	Chocolate Sponge Cake (Coco Powder, Self Raising Flour WHEAT , Margarine MILK , EGGS , Sugar)
Dessert 2	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)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Minced Beef Lasagne (Minced Beef, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Pasta Sheets WHEAT , Cheese MILK , Four WHEAT , Margarine MILK, MILK)	Chicken Curry (Onions, Chopped Tomatoes, Chicken, Peppers, Garam Masala, Curry Powder, Garlic, Curry Paste)	Roast Pork and Yorkshire Pudding (Pork, Gravy Granules, Flour WHEAT, MILK, EGGS)	Beef Burgers (Beef Burger WHEAT, EGGS)	Fish Cakes (FISH , Breadcrumbs WHEAT , Flour WHEAT, EGG)
Main 2	Macaroni Cheese (Pasta WHEAT , Cheese MILK , Flour WHEAT, MILK , Margarine MILK , Garlic, Mixed Herbs)	Vegetable and Lentil Curry (Onions, Chopped Tomatoes, Garlic, Peppers, Carrots, Peas, Potatoes, Lentils, Garam Masala, Curry Powder, Curry Paste)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Flour WHEAT, MILK, EGGS)	Baked Bean Flan (Baked Beans, Cheese MILK , Flour WHEAT , Margarine MILK , Water)	Ratatouille (Aubergine, Peppers, Courgette, Tomatoes, Basil, Onion, Garlic, Seasoning)
Main 3	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)	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	Homemade Garlic Bread (Flour WHEAT , Yeast, Sugar, Water, Garlic, Mixed Herbs, Margarine MILK)	Homemade Naan Breads (Flour WHEAT, MILK , Oil, Mixed Herbs, Bicarbonate of Soda)	Homemade Roast Potatoes (Potatoes Cooked in Sunflower Oil)	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	New Potatoes
Accompaniment 2	Sweetcorn Cabbage	Rice Peas	Carrots Leeks	Peas Baked Beans	Carrots Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Pear and Cocoa Sponge (Pear, Coco Powder, Flour WHEAT, EGGS , Sugar, Margarine MILK)	Apple Fruit Cake (Margarine MILK , Sugar, EGGS , Flour WHEAT , Mixed Spice, Baking Powder, Apples, Sultanas, Treacle)	Jelly and Custard (Jelly Granules, Custard MILK EGGS , Sugar)	Victoria Sponge Cake (Flour WHEAT , Sugar, Margarine MILK, EGGS , Icing Sugar, Strawberry Jam)
Dessert 2	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)	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)



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<u>Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	BBQ Chicken Wraps (Chicken, BBQ Sauce, Wraps MILK WHEAT EGG)	Spaghetti Bolognaise (Mince Beef, Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Spaghetti WHEAT)	Roast Chicken and Stuffing (Chicken, Stuffing EGG, WHEAT , Gravy)	Hot Dog's (Lincolnshire Sausages) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT MILK)	Salmon and Broccoli Pasta Bake (Salmon FISH , Broccoli, Onion, Pasta WHEAT , Flour WHEAT, MILK , Margarine MILK , Cheese MILK)
Main 2	Simple Squash Risotto (Butternut Squash, Vegetable Stock, Onion, Garlic, Bay leaf, Rice, Parmesan Cheese MILK)	Spinach and Roasted Vegetable Lasagne (Spinach, Courgette, Peppers, Onions, Garlic, Chopped Tomatoes, Pasta WHEAT , Flour WHEAT, MILK , Margarine MILK , Cheese MILK)	Quorn Roast and Stuffing (Quorn EGG , Stuffing EGG WHEAT , Gravy)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Lentil, Tomato and Pepper Pasta Bake (Lentil, Chopped Tomatoes, Peppers, Onions, Garlic, Mixed Herbs, Pasta WHEAT , Cheese MILK)
Main 3	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise MUSTARD EGG)	Jacket Potato with Chicken Mayonnaise (Potato Baked with Skin on, Chicken, 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 Potato Wedges (Potatoes cooked in Sunflower Oil)	Homemade Garlic Bread (Garlic, Mixed Herbs, Flour WHEAT , Yeast, Sugar, Margarine MILK)	New Potatoes	Homemade Potato Wedges (Potatoes cooked in Sunflower Oil)	Peas
Accompaniment 2	Salad Peas	Sweetcorn Broccoli	Carrots Cabbage	Peas Baked Beans	Sweetcorn
Dessert 1	Fruit Sorbet (Fruit, Icing Sugar)	Fruit Platter	Raspberry and Blueberry Lime Drizzle Cake (Limes, Blueberries, Raspberries, Margarine MILK , Sugar, Flour WHEAT, EGGS)	Chocolate Custard (MILK, EGGS, Sugar, Coko Powder)	Lemon Drizzle Cake (Lemons, Sugar, Margarine MILK, EGGS , Flour WHEAT)
Dessert 2	Fruit Platter or Yoghurt (Low Fat Yoghurt MILK)	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)