



## Summer 2018 Allergies Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	<b>Cheese and Tomato Pizza</b> Cheese <b>MILK</b> , Chopped Tomatoes, Mixed Herbs, Garlic, Flour <b>WHEAT</b> , Yeast, Sugar, Margarine <b>MILK</b>	<b>Minced Beef Bolognese Pasta Bake</b> Minced Beef, Chopped Tomatoes, Mixed Herbs, Garlic, Onion, Pasta <b>WHEAT</b> , Cheese <b>MILK</b>	<b>Roast Chicken and Stuffing</b> Chicken, Gravy, Stuffing Ball <b>WHEAT</b>	<b>Cheese Burger in a Bun</b> Minced Beef Burger, Cheese <b>MILK</b> , Bread Bun <b>WHEAT</b>	<b>Tuna Pasta Bake</b> Tuna <b>FISH</b> , Pasta <b>WHEAT</b> , Sweetcorn, White Sauce <b>MILK WHEAT</b> , Seasoning
MAIN 2	<b>Roasted Vegetable and Lentil Risotto in a Tomato Stock</b> Peppers, Courgette, Mushrooms, Onions, Lentils, Rice, Chopped Tomatoes, Mixed Herbs, Garlic	<b>Quorn Bolognese Pasta Bake</b> Quorn <b>EGG</b> , Chopped Tomatoes, Onion, Mixed Herbs, Garlic, Pasta <b>WHEAT</b> , Cheese <b>MILK</b>	<b>Quorn Roast and Stuffing</b> Quorn <b>EGG</b> , Gravy, Stuffing Ball <b>WHEAT</b>	<b>Quorn Cheese Burger in Bun</b> Quorn Burger <b>EGG</b> , Cheese <b>MILK</b> , Bread Bun <b>WHEAT</b>	<b>Spanish Omelette</b> <b>EGG, MILK</b> , Cheese <b>MILK</b> , Potatoes, Peppers, Onion, Chives, Seasoning
MAIN 3	<b>Jacket Potato with Tuna Mayonnaise</b> Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGGS, MUSTARD</b>	<b>Jacket Potato with Chicken Mayonnaise</b> Potato Baked with Skin On, Chicken, Mayonnaise <b>EGGS, MUSTARD</b>	<b>Jacket Potato with Cheese</b> Potato Baked with Skin on, Cheese <b>MILK</b>	<b>Jacket Potato with Baked Beans</b> Potato Baked with Skin on, Baked Beans	<b>Jacket Potato with Cheese</b> Potato Baked with Skin on, Cheese <b>MILK</b>
ACCOMPANIMENT 1	<b>Raw Carrot Sticks</b>	<b>Homemade Garlic Bread</b> Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Sugar, Yeast, Water	<b>New Potatoes</b>	<b>Homemade Potato Wedges</b> Potatoes Cooked in Sunflower Oil	<b>Broccoli</b>
ACCOMPANIMENT 2	<b>Peas Sweetcorn</b>	<b>Cabbage Sweetcorn</b>	<b>Carrots Cauliflower</b>	<b>Raw Carrot Sticks Peas Tomato Sauce Sachet</b>	<b>Peas</b>
DESSERT 1	<b>Yoghurt</b> Low fat Yoghurt <b>MILK</b>	<b>Fruity Flapjack</b> Apple, Sultanas, Oats, Sugar, Margarine <b>MILK</b> , Golden Syrup	<b>Jelly and Custard</b> Jelly Crystals, Water, Custard <b>EGG, MILK</b>	<b>Coco and Raspberry Sponge Cake</b> Coco Powder, Raspberries, Flour <b>WHEAT, EGG</b> , Margarine <b>MILK</b> , Sugar	<b>Ginger Sponge with Iced Topping</b> Ginger Spice, Flour <b>WHEAT, EGG</b> , Sugar, Margarine <b>MILK</b> , Icing Sugar
DESSERT 2	<b>Fruit Platter</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>

**Allergens in bold capitals**



**Summer 2018 Allergies Week 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN 1</b>	<b>Chicken Curry</b> Chicken, Onions, Chopped Tomatoes, Peppers, Garam Massala, Garlic, Tikka Paste, Mixed Herbs	<b>Chicken and Ham Pasta Bake in a Tomato Sauce</b> Chicken, Ham, Chopped Tomatoes, Onions, Garlic, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b>	<b>Beef and Potato Pie topped with Short Crust Pastry</b> Stewing Beef, Gravy, Potatoes, Pastry <b>WHEAT</b> , <b>MARGARINE</b>	<b>Lincolnshire Sausages in Onion Gravy</b> Lincolnshire Sausages <b>WHEAT</b> , Onions, Gravy	<b>Fish Fingers</b> <b>FISH</b> , Breadcrumbs <b>WHEAT</b> , <b>EGG</b>
<b>MAIN 2</b>	<b>Vegetable and Lentil Curry</b> Pepper, Onion, Mushroom, Carrot, Potatoes, Chopped Tomatoes, Lentils, Garlic, Garam Massala, Tikka Paste	<b>Cheese Omelette</b> Cheese <b>MILK</b> , Seasoning, <b>EGG</b>	<b>Quorn Roast</b> Quorn <b>EGG</b> , Gravy	<b>Quorn Sausages in Onion Gravy</b> Quorn Sausages <b>EGG</b> , Onions, Gravy	<b>Cheese Pinwheel</b> Cheese <b>MILK</b> , Potatoes, Seasoning, <b>EGG</b> , Pastry <b>WHEAT</b> , <b>MILK</b>
<b>MAIN 3</b>	<b>Jacket Potato with Tuna Mayonnaise</b> Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGG</b> , <b>MUSTARD</b>	<b>Jacket Potato with Cheese</b> Potato Baked with Skin on, Cheese <b>MILK</b>	<b>Jacket Potato with Cheese</b> Potato Baked with Skin on, Cheese <b>MILK</b>	<b>Jacket Potato with Tuna Mayonnaise</b> Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGG</b> , <b>MUSTARD</b>	<b>Jacket Potato with Baked Beans</b> Potato Baked with Skin on, Baked Beans
<b>ACCOMPANIMENT 1</b>	<b>Homemade Naan Bread</b> Flour <b>WHEAT</b> , <b>MILK</b> , Sugar, Baking Powder, Mixed Herbs, Sunflower Oil	<b>Broccoli</b>	<b>Carrots</b>	<b>New Potatoes</b>	<b>Homemade Potato Wedges</b> Potatoes Cooked in Sunflower Oil
<b>ACCOMPANIMENT 2</b>	<b>Rice</b> <b>Peas</b>	<b>Sweetcorn</b>	<b>Peas</b>	<b>Cauliflower</b> <b>Cabbage</b>	<b>Peas</b> <b>Baked Beans</b>
<b>DESSERT 1</b>	<b>Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Sultana Sponge Cake</b> Sultanas, Flour <b>WHEAT</b> , Sugar, Margarine <b>MILK</b> , <b>EGGS</b>	<b>Ice Cream Pot</b> Ice Cream <b>MILK</b> , <b>EGGS</b>	<b>Apple Fruit Cake</b> Apples, Mixed Spice, Flour <b>WHEAT</b> , Sugar, Margarine <b>MILK</b> , <b>EGGS</b>	<b>Chocolate Fudge Cake</b> Coco Powder, Flour <b>WHEAT</b> , Margarine <b>MILK</b> , <b>EGGS</b> , Sugar, Icing Sugar, <b>MILK</b>
<b>DESSERT 2</b>	<b>Fruit Platter</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>

**Allergens in bold capitals**



**Summer 2018 Allergies Week 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN 1</b>	<b>Minced Beef Lasagne</b> Minced Beef, Chopped Tomatoes, Mixed Herbs, Garlic Puree, Pasta <b>WHEAT, MILK</b> , Flour <b>WHEAT</b> , Margarine <b>MILK</b> , Cheese <b>MILK</b>	<b>BBQ Chicken Wraps</b> Diced Chicken, BBQ Sauce, Wrap <b>WHEAT</b>	<b>Roast Pork and Stuffing</b> Roast Pork, Gravy Granuels, Stuffing Ball <b>WHEAT</b>	<b>Chicken Nuggets</b> Chicken Breast Pieces, Flour <b>WHEAT, EGG, MILK</b>	<b>Salmon and Broccoli Pasta Bake</b> Salmon <b>FISH</b> , Broccoli, Onions, Pasta <b>WHEAT</b> , Béchamel Sauce <b>WHEAT, MILK</b>
<b>MAIN 2</b>	<b>Simple Squash Risotto</b> Butternut Squash, Onions, Mixed Herbs, Vegetable Stock, Rice, Seasoning	<b>Cheese and Onion Quiche</b> Cheese <b>MILK</b> , Onion, Seasoning, Pastry <b>WHEAT, MILK, EGG, MILK</b>	<b>Quorn Roast and Stuffing</b> Quorn Roast <b>EGG</b> , Gravy Granuels, Stuffing Ball <b>WHEAT</b>	<b>Baked Bean Flan</b> Baked Beans, Cheese <b>MILK</b> , Pastry <b>MILK, WHEAT</b>	<b>Lentil, Tomato and Pepper Pasta</b> Lentils, Chopped Tomatoes, Peppers, Garlic Puree, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b>
<b>MAIN 3</b>	<b>Jacket Potato with Chicken Mayonnaise</b> Potato Baked with Skin on, Diced Chicken, Mayonnaise <b>MUSTARD, EGG</b>	<b>Jacket Potato with Cheese</b> Potato Baked with Skin on, Cheese <b>MILK</b>	<b>Jacket Potato with Tuna Mayonnaise</b> Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>MUSTARD, EGG</b>	<b>Jacket Potato with Baked beans</b> Potato Baked with Skin on, Baked Beans	<b>Jacket Potato with Cheese</b> Potato Baked with Skin on, Cheese <b>MILK</b>
<b>ACCOMPANIMENT 1</b>	<b>Broccoli</b>	<b>Homemade Potato Wedges</b> Potatoes cooked in Sunflower Oil	<b>New Potatoes</b>	<b>Homemade Potato Wedges</b> Potatoes Cooked in Sunflower Oil	<b>Peas</b>
<b>ACCOMPANIMENT 2</b>	<b>Cauliflower</b>	<b>Shredded Lettuce</b> <b>Peas</b>	<b>Carrots</b> <b>Cabbage</b>	<b>Peas</b> <b>Baked Beans</b>	<b>Sweetcorn</b>
<b>DESSERT 1</b>	<b>Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Apple and Raspberry Flapjack</b> Apples, Raspberries, Porridge Oats <b>WHEAT</b> , Sugar, Margarine <b>MILK</b> , Golden Syrup	<b>Ice Cream Roll</b> Ice Cream <b>MILK, EGGS</b> , Flour <b>WHEAT</b> , Sugar, Margarine <b>MILK, EGGS</b>	<b>Banana and Custard</b> Banana, Custard <b>EGG, MILK</b>	<b>Lemon Drizzle Cake</b> Lemons, Sugar, Water, Flour <b>WHEAT</b> , Margarine <b>MILK</b> , <b>EGGS</b>
<b>DESSERT 2</b>	<b>Fruit Platter</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>	<b>Fruit Platter or Yoghurt</b> Low Fat Yoghurt <b>MILK</b>

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