



Autumn Term 2026 Allergy Information Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Macaroni Cheese <i>Macaroni pasta, low fat crème fraîche, garlic, mixed herbs and mature cheese</i> WHEAT, MILK	Beef Bolognaise Pasta Bake <i>Minced beef, onion, garlic, mixed herbs, chopped tomatoes, black pepper, cheese</i> WHEAT MILK	Ham and Cheese Pizza <i>Cheese, ham, chopped tomatoes, basil, garlic, herbs, wholemeal baguette base</i> MILK, CEREAL, WHEAT	Roast Chicken with Stuffing Ball and Gravy <i>Roast Chicken, cooked in gluten free gravy with a stuffing ball.</i> CEREAL, WHEAT, SOYA	Fish fingers <i>Baked fishfingers in breadcrumbs</i> FISH, WHEAT
Main 2	Tomato & Lentil Risotto Bake <i>Wholemeal rice, chopped tomatoes, lentils, cannellini beans, mixed herbs, garlic, onion, peppers, mature cheese</i> WHEAT, MILK	Vegetable Bolognese Pasta Bake <i>Quorn Mince, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, wholewheat pasta, cheese</i> EGG, WHEAT, MILK	Vegetable Pizza <i>Cheese, chopped tomatoes, basil, garlic, mixed herbs, pepper, sweetcorn, onion, tomatoes, wholemeal Baguette Base.</i> WHEAT, CEREAL, MILK	Quorn Roast with Stuffing Ball and Gravy <i>Quorn Roast, served in gluten free gravy with a stuffing ball</i> EGG, CEREAL, WHEAT SOYA	Vegetable Quiche <i>Short crust pastry base, onion, peppers, tomatoes, seasoning, mature cheese, milk, egg</i> WHEAT, MILK, EGG
Main 3	Jacket Potato with Tuna Mayonnaise, Salad Sticks <i>Potato baked, tuna mayonnaise, carrot, cucumber</i> EGG, FISH	Jacket Potato with Cheese and Side Salad <i>Potato baked, cheese, lettuce, tomato, cucumber, carrot</i> MILK	Chicken Mayonnaise Baguette with Side Salad <i>Wholemeal baguette with chicken mayonnaise, lettuce, tomato, cucumber, carrot</i> CEREAL, WHEAT, EGG	Ham Baguette served with Side Salad <i>Wholemeal baguette, ham, lettuce, tomato, cucumber, carrot</i> CEREAL, WHEAT	Jacket Potato with Baked Beans and Side Salad <i>Potato baked, baked beans, lettuce, cucumber, tomato, carrot</i>
Accompaniment 1	Broccoli	Cut green beans	Sweetcorn	Roast Potato <i>Roasted in sunflower oil</i>	Potato Wedges <i>Seasoned potato wedges baked</i>
Accompaniment 2	Sweetcorn	Carrots	Cucumber Sticks	Carrots Peas	Baked Beans
Accompaniment 3	Yoghurt and Pineapple <i>Yoghurt and Pineapple pieces</i> MILK	Mixed Fruit Flapjack <i>Apples, strawberries, raspberries, blueberries, blackberries, margarine, porridge oats, syrup, sugar</i> WHEAT	Coco Sponge with Pear and Custard <i>Coco powder, pear, margarine, self-raising flour, sugar, eggs, custard</i> EGGS, WHEAT, MILK	Spiced Sultana Sponge and Cream <i>Sultanas, mixed spice, eggs, margarine, sugar, self-raising flour, cream</i> MILK, WHEAT, EGGS	Lemon Drizzle Cake <i>Lemons, sugar, margarine, eggs, self-raising flour</i> WHEAT, EGGS
Dessert 1	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



Autumn Term 2026 Allergy Information Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Sausage Pasta Bake <i>Vegan Savoury Sausages, wholemeal pasta, onion, mixed herbs, garlic, chopped tomatoes, mature cheese</i> WHEAT, CEREAL, MILK	Chicken Fillet Bites <i>Chicken breast chunks in a crispy batter</i> CEREAL, WHEAT	Chilli Con Carne <i>Minced Beef, chilli powder, baked beans, onion, chopped tomatoes, garlic, mixed herbs</i>	Roast Beef with Yorkshire Pudding and Gravy <i>Roast beef cooked in Gluten free Gravy with Yorkshire pudding</i> SOYA, MILK, WHEAT, EGG	Square Fish Fillet <i>Alaska pollock fillet, coated in breadcrumbs</i> FISH, CEREAL, WHEAT, MUSTARD
Main 2	Mixed Vegetable and Lentil Risotto <i>Mixed vegetables, lentils, rice, vegetable stock, mixed herbs, garlic</i>	Vegetable Nuggets <i>Seasoned mixed vegetables, in a breadcrumb nugget</i> CEREAL, WHEAT	Vegetable and Lentil Chilli Con Carne <i>Mixed vegetables, Quorn mince, onion, baked beans, chopped tomatoes, garlic, mixed herbs, lentils</i> WHEAT, EGG	Quorn Roast with Yorkshire Pudding and Gravy <i>Quorn Roast, served in gluten free gravy with Yorkshire pudding.</i> MILK, WHEAT, SOYA, EGG	Cheesy Leek and Potato Pie <i>Short crust pastry top, leeks, potatoes, crème fraiche, mature cheese, seasoning</i> WHEAT, MILK
Main 3	Jacket Potato with Tuna Mayonnaise, Salad sticks and Houmous <i>Potato baked, tuna mayonnaise, cucumber, carrot</i> FISH, EGG	Ham Baguette with Side Salad <i>Wholemeal baguette, ham, lettuce, cucumber, tomato, carrot</i> CEREAL, WHEAT	Cheese Baguette served with Side Salad <i>Wholemeal baguette, cheese, lettuce, cucumber, tomato, carrot</i> MILK, CEREAL, WHEAT	Ham Baguette with Side Salad <i>Wholemeal baguette, ham, lettuce, cucumber, tomato, carrot</i> CEREAL, WHEAT	Jacket Potato with Tuna Mayonnaise and Side Salad <i>Potato baked, tuna mayonnaise, lettuce, cucumber, tomato, carrot</i> FISH, EGG
Accompaniment 1	Sweetcorn	Potato Wedges <i>Seasoned potato wedges, baked</i>	Half Jacket Potato	Mash Potato <i>Potatoes steamed, margarine</i>	Plain Bread Bun <i>Baked, plain bread bun</i> WHEAT, SESAME
Accompaniment 2	Broccoli	Baked Beans	Sweetcorn	Carrots Peas	Peas
Accompaniment 3	Yoghurt and Peaches <i>Yoghurt and Peach Slices</i> MILK	Apple Oaty Crumble & Custard <i>Apples, flour, margarine, sugar, oats, custard</i> MILK, EGG, WHEAT	Raspberry and Coco Brownie <i>Raspberries, coco powder, self-raising flour, margarine, sugar, eggs</i> EGGS, WHEAT	Banana and Sultana Sponge with Cream <i>Bananas, sultanas, self-raising flour, margarine, eggs, sugar, cream</i> MILK, WHEAT, EGGS	Blueberry Sponge <i>Blueberries, self-raising flour, sugar, margarine, eggs</i> WHEAT, EGGS
Dessert 1	Fat Free Yoghurt with Melon MILK	Raspberry and Coco Sponge <i>Raspberries, coco, self-raising flour, eggs, margarine, sugar</i> WHEAT, EGGS	Cherry and Sultana Sponge <i>Self-raising flour, sugar, eggs, margarine, cherries, sultanas</i> WHEAT, EGGS	Mixed Berry and Apple Flapjack with Cream <i>Mixed berries, apples, oats, sugar, margarine, cream</i> MILK, WHEAT	Coco and Orange Sponge <i>Self-raising flour, sugar, margarine, eggs, coco powder, orange</i> WHEAT, EGGS
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



Autumn Term 2026 Allergy Information Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pasta Bake <i>Wholemeal pasta, chopped tomatoes, mixed herbs, garlic, Lentils, mature cheese</i> WHEAT, MILK, CEREAL	Lincolnshire Sausage served with Yorkshire Pudding and Gravy <i>Lincolnshire sausage cooked in gravy, served with Yorkshire pudding</i> WHEAT, SOYA, MILK, EGG	BBQ Chicken <i>Chicken cooked in a BBQ sauce</i>	Roast Pork with Stuffing Ball and Gravy <i>Roast pork cooked in gluten free gravy, served with stuffing ball</i> SOYA, CEREAL, WHEAT	Tuna Pasta Bake <i>Tuna, pasta, garlic, seasoning, crème fraiche, mature cheese</i> FISH, MILK, WHEAT
Main 2	Vegetable Risotto <i>Mixed vegetables, carrots, peas, cut beans, sweetcorn, risotto rice, vegetable stock,</i> EGG, WHEAT, MILK, CEREAL	Vegetable Sausages in Gravy <i>Vegi sausage (mixed veg) cooked in gravy.</i> WHEAT, SOYA	Quorn pieces in BBQ sauce <i>Quorn pieces, BBQ sauce</i> EGG	Quorn Roast with Stuffing Ball and Gravy <i>Quorn roast, served in gravy with a stuffing ball</i> WHEAT, MILK, EGG, SOYA	Cheese Omelette <i>Mature cheese, egg, milk, seasoning</i> MILK, EGG
Main 3	Jacket Potato with Tuna Mayonnaise, Salad Sticks and Houmous <i>Potato baked, tuna mayonnaise, cucumber, carrot</i> FISH, EGG	Cheese Baguette served with Side Salad <i>Wholemeal baguette, cheese, lettuce, cucumber, tomato, carrot</i> MILK, WHEAT, CEREAL	Ham Baguette with Side Salad <i>Wholemeal Baguette, ham, lettuce, cucumber, tomato, carrot</i> WHEAT, CEREAL	Jacket Potato with Cheese and Side Salad <i>Potato baked, cheese, lettuce, cucumber, tomato, carrot</i> MILK	Jacket Potato with Baked Beans and Side Salad <i>Potato baked, baked beans, lettuce, cucumber, tomato, carrot</i>
Accompaniment 1	Sweetcorn	Roast Potatoes <i>Roasted in sunflower oil</i>	Mixed Salad	Mash Potato <i>Potatoes steamed, margarine</i>	Peas
Accompaniment 2	Green Beans	Peas	Seasoned Wedges	Carrots Peas	Broccoli
Accompaniment 3	Yoghurt and Blueberries <i>Yoghurt and blueberries</i> MILK	Apple and Sultana Flapjack <i>Apples, sultanas, porridge oats, margarine, syrup, sugar</i> WHEAT	Banana and Custard <i>Sliced banana, cold custard</i> MILK, EGG	Ginger Cake and Cream <i>Ginger spice, self-raising flour, sugar, margarine, eggs, cream</i> MILK, WHEAT, EGGS	Coco and Orange Sponge <i>Self-raising flour, sugar, margarine, eggs, coco powder, orange essence</i> WHEAT, EGG
Dessert 1	Fat Free Yoghurt with Pineapple MILK	Mixed Berry Eton Mess <i>Mixed berries, meringue nests, cream</i> EGG, MILK	Coco Sponge <i>Self – raising flour, sugar, margarine, eggs, coco powder</i> WHEAT, EGGS	Mixed Jam Sponge and Cream <i>Mixed jam, self-raising flour, sugar, eggs, margarine, cream</i> WHEAT, EGGS, MILK	Lemon and Blueberry Sponge <i>Self-raising flour, sugar, eggs, margarine, lemon, blueberries</i> WHEAT, EGGS
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit