



Allergy Information Week 1 Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Hunters Chicken (Chicken, Bacon, Cheese MILK , BBQ Sauce)	Chicken and Ham Pasta Bake (Chicken, Ham, Cheese MILK , Chopped Tomatoes, Mixed Herbs, Garlic, Pasta WHEAT)	Roast Chicken and Stuffing (Chicken, Gravy, Stuffing Ball – Pork, Sage and Onion WHEAT)	Cheese Burger in a Bun (Beef Burger WHEAT , Bread Bun WHEAT MILK , Cheese MILK)	Salmon and Chilli Flake Risotto (Salmon FISH , Chilli Flakes, Garlic, Mixed Herbs, Rice, Stock)
Main 2	Rice and Bean Casserole (Rice, Mixed 5 Bean Salad, Garlic Puree, Mixed Herbs, Chopped Tomatoes, Vegetable Stock)	Roasted Vegetable and Lentil Pasta Bake (Courgette, Peppers, Mushrooms, Onions, Garlic, Mixed Herbs, Chopped Tomatoes, Pasta WHEAT , Cheese MILK)	Quorn Roast (Quorn EGG , Gravy)	Veggie Cheese Burger in a Bun (Veggie Burger WHEAT , Bread Bun WHEAT MILK , Cheese MILK)	Baked Bean Flan (Baked Beans, Cheese MILK , Pastry WHEAT , MILK)
Main 3	Jacket Potato with Tuna Mayonnaise (Jacket Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Jacket Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Jacket Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Raw Carrot Sticks	Homemade Garlic Bread (Garlic, Mixed Herbs, Bread Dough WHEAT MILK)	New Potatoes	Homemade Potato Wedges (Potatoes cooked in Sunflower Oil)	Carrots
Accompaniment 2	Peas Sweetcorn	Cabbage Cauliflower	Carrots Peas	Cucumber Sticks Sweetcorn Tomato Sauce Sachet	Broccoli
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Cherry Sponge Cake (Cherries, Self-Raising Flour WHEAT , EGGS , Sugar, Margarine MILK)	Ice Cream (Ice Cream MILK)	Chocolate Concrete (Flour WHEAT , Sugar, Margarine MILK , Coco Powder)	Banana and Sultana Sponge Cake (Banana, Sultanas, Sugar, Self-Raising Flour WHEAT , EGGS , Margarine MILK)
Dessert 2	Fruit Platter	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter/Yoghurt (Low fat Yoghurt MILK)	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)

Allergens in **Bold**



Allergy Information Week 2 Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	BBQ Chicken Wraps (Chicken Breast Diced, BBQ Sauce, Wraps WHEAT MILK)	Bolognaise Pasta Bake (Minced Beef, Chopped Tomatoes, Onions, Garlic Puree, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Roast Beef and Yorkshire Pudding (Beef, Gravy, Yorkshire Pudding WHEAT EGG MILK)	Hot Dog (Lincolnshire Sausage) (Lincolnshire Sausage WHEAT , Bread Roll WHEAT MILK)	Coated Fish Fillet (FISH , Coating WHEAT EGG)
Main 2	Cheese and Onion Quiche (Cheese MILK , Onion, MILK , EGGS , Pastry WHEAT MILK)	Quorn and Lentil Pasta Bake (Minced Quorn Pieces EGG , Lentils, Chopped Tomatoes, Garlic Puree, Onions, Mixed Herbs, Pasta WHEAT , Cheese MILK)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Vegetable Curry with lentils served with Rice (Peppers, Onions, Chopped Tomatoes, Garam Massala, Tikka Paste, Garlic Puree, Mixed Herbs, Potatoes, Carrots, Lentils, Rice)
Main 3	Jacket Potato with Tuna Mayonnaise (Jacket Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Chicken Mayonnaise (Jacket Potato Baked with Skin on, Chicken, Mayonnaise EGG MUSTARD)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Baked Beans (Jacket Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	Homemade Garlic Bread (Garlic Puree, Mixed Herbs, Bread Dough WHEAT MILK)	Homemade Roast Potatoes (Potatoes Cooked with Skin on in Sunflower Oil)	Raw Carrot Sticks	New Potatoes (Main 1 only)
Accompaniment 2	Shredded Lettuce Peas	Sweetcorn Cabbage	Carrots Cauliflower	Cucumber Sticks Sweetcorn Tomato Sauce Sachet	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Apple and Rhubarb Flapjack (Apples, Rhubarb, Oats WHEAT , Golden Syrup, Sugar, Margarine MILK)	Artic Roll (Artic Roll MILK WHEAT EGG)	Chocolate Orange Cake (Self-Raising Flour WHEAT , Orange, Sugar, Margarine MILK, EGGS , Coco Powder)	Lemon Drizzle Cake (Lemons, Sugar, Self-Raising Flour WHEAT , Margarine MILK, EGGS)
Dessert 2	Fruit Platter	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)	Fruit Platter/Yoghurt (Low Fat Yoghurt MILK)

Allergens in **Bold**



Week 3 Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, garlic, Mixed Herbs, Onions, Pizza Dough WHEAT MILK)	Chicken Carbonara Bake (Chicken, Mixed Herbs, Garlic Puree, White Sauce MILK WHEAT , Pasta WHEAT , Cheese MILK)	Roast Pork with Stuffing (Pork, Gravy, Stuffing – Pork, Sage and Onion WHEAT)	Lincolnshire Sausage in Gravy (Lincolnshire Sausages WHEAT , Gravy)	Fish Fingers (Fish Fingers FISH WHEAT EGGS)
Main 2	5 Bean Chilli Con Carne served with rice (5 Bean Salad, Chilli Powder, Garlic, Mixed Herbs, Paparika, Chopped Tomatoes, Baked Beans, Rice)	Macaroni Cheese (Cheese MILK , White Sauce MILK WHEAT , Pasta WHEAT)	Roast Quorn (Quorn EGG , Gravy)	Quorn Sausage in Gravy (Quorn Sausages EGG , Gravy)	Cheese Pinwheels (Cheese MILK , Mash Potato, EGGS , Pastry WHEAT MILK)
Main 3	Jacket Potato with Tuna Mayonnaise (Jacket Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Chicken Mayonnaise (Jacket Potato Baked with Skin On, Chicken, Mayonnaise EGG MUSTARD)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Cheese (Jacket Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Baked Beans (Jacket Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Raw Carrot Sticks (main 1 only)	Homemade Garlic Bread (Garlic Puree, Mixed Herbs, Bread Dough WHEAT MILK)	Yorkshire Pudding (Yorkshire Pudding WHEAT, EGG, MILK)	New Potatoes	Homemade Potato Wedges (Potatoes Cooked with Skin on in Sunflower Oil)
Accompaniment 2	Peas Sweetcorn	Broccoli Sweetcorn	Carrots Cabbage	Peas Cauliflower	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Apple and Sultana Flapjack (Apples, Sultanas, Oats WHEAT , Golden Syrup, Sugar, Margarine MILK)	Jelly and Custard (Jelly Crystals, Water, Custard MILK EGG)	Jam and Coconut Sponge Cake (Jam, Coconut, Self-Raising Flour WHEAT , Sugar, Margarine MILK, EGGS)	Chocolate Fudge Cake (Coco Powder, Sugar, MILK, EGGS , Self-Raising Flour WHEAT , Margarine MILK)
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)