



## September 2019 Week 1 Allergy Information

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	<b>Chicken Curry</b> (Diced Chicken Breast, Peppers, Onion, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	<b>Cheese Pizza</b> (Cheese <b>MILK</b> , Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pizza Dough <b>WHEAT MILK</b> )	<b>Roast Beef with Yorkshire Pudding</b> (Beef, Gravy, Yorkshire Pudding <b>WHEAT MILK EGG</b> )	<b>Spaghetti and Meatball Pasta Bake</b> (Pork and Beef Meatball <b>WHEAT</b> , Chopped Tomatoes, Garlic Puree, Mixed Herbs, Onion, Spaghetti <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Fish Fingers</b> ( <b>FISH</b> , Breadcrumbs <b>WHEAT EGG</b> )
<b>Main 2</b>	<b>Vegetable and Lentil Curry</b> (Carrots, Potatoes, Peppers, Onions, Sweetcorn, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	<b>Quorn Bolognese Pasta Bake</b> (Quorn <b>EGG</b> , Chopped Tomatoes, Onions, Garlic Puree, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Quorn Roast and Yorkshire Pudding</b> (Quorn <b>EGG</b> , Gravy, Yorkshire Pudding <b>WHEAT EGG MILK</b> )	<b>5 Bean Casserole and Pasta</b> (Mixed 5 bean Salad, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Onion, Pasta <b>WHEAT</b> )	<b>Baked Bean Flan</b> (Baked Beans, Cheese <b>MILK</b> , Pastry <b>WHEAT 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 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 MUSTARD</b> )	<b>Jacket Potato with Baked Beans</b> (Potato Baked with Skin on, Baked Beans)
<b>Accompaniment 1</b>	<b>Homemade Naam Bread</b> (Flour <b>WHEAT, MILK</b> , Mixed Herbs, Bicarbonate of Soda, Oil, Sugar)	<b>Carrot Sticks (Main 1 only)</b>	<b>Homemade Roast Potatoes</b> (Potatoes Cooked in Sunflower Oil)	<b>Cauliflower</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>Carrots</b> <b>Cabbage</b>	<b>Sweetcorn</b>	<b>Peas</b> <b>Baked Beans</b>
<b>Dessert 1</b>	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Cherry Sponge Cake</b> (Cherries, Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT, EGG</b> )	<b>Artic Roll</b> (Artic Roll <b>MILK EGGS WHEAT</b> )	<b>Coco and Berry Sponge Cake</b> (Coco Powder, Mixed Berries, Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT, EGG</b> )	<b>Lemon Drizzle Cake</b> (Lemons, Sugar, Margarine <b>MILK, EGG</b> , Flour <b>WHEAT</b> )
<b>Dessert 2</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )



**September 2019 Week 2 Allergy Information**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	<b>Bolognese Pasta Bake</b> (Minced Beef, Chopped Tomatoes, Mixed Herbs, Onions, Garlic Puree, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Steak Pie (Shortcrust Pastry Lid)</b> (Stewing Beef, Onion, Gravy, Pastry <b>WHEAT MILK EGG</b> )	<b>Roast Gammon and Yorkshire Pudding</b> (Gammon, Gravy, Yorkshire Pudding <b>WHEAT EGG MILK</b> )	<b>Chicken Nuggets</b> (Chicken Breast, Coating <b>WHEAT EGG MILK</b> )	<b>Fishcake</b> ( <b>FISH – SALMON AND COD</b> , Breadcrumb Coating <b>WHEAT EGG MILK</b> )
<b>Main 2</b>	<b>Quorn and Lentil Pasta Bake</b> (Quorn <b>EGG</b> , Onion, Chopped Tomatoes, Red Lentils, Garlic Puree, Mixed Herbs, Pasta <b>WHEAT</b> , Cheese <b>MILK</b> )	<b>Quorn Stew</b> (Quorn <b>EGG</b> , Potato, Carrots, Onion, Peas, Swede, Gravy)	<b>Quorn Roast and Yorkshire Pudding</b> (Quorn <b>EGG</b> , Gravy, Yorkshire Pudding <b>WHEAT MILK EGG</b> )	<b>Veggie Goulash Served with Rice</b> (Onion, Pepper Quorn <b>EGG</b> , Garlic, Papparika, Chopped Tomatoes, Herbs, Tomato Puree, Rice)	<b>Cheese Pinwheels</b> (Cheese <b>MILK</b> , Potatoes, <b>EGG</b> , Pastry <b>WHEAT 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 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 MUSTARD</b> )	<b>Jacket Potato with Baked Beans</b> (Potato Baked with Skin on, Baked Beans)
<b>Accompaniment 1</b>	<b>Homemade Garlic Bread</b> (Garlic Puree, Mixed Herbs, Bread Dough <b>WHEAT MILK</b> )	<b>New Potatoes</b>	<b>Homemade Roast Potatoes</b> (Potatoes Cooked in Sunflower Oil)	<b>Homemade Potato Wedges</b> (Potatoes Cooked in Sunflower Oil)	<b>New Potatoes</b>
<b>Accompaniment 2</b>	<b>Sweetcorn Broccoli</b>	<b>Peas Cabbage</b>	<b>Cauliflower Carrots</b>	<b>Carrot Sticks Sweetcorn Tomato Sauce Sachet</b>	<b>Peas Baked Beans</b>
<b>Dessert 1</b>	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fruity Flapjack</b> (Mixed Fruit, Porridge Oats <b>WHEAT</b> , Sugar, Margarine <b>MILK</b> )	<b>Ice Cream</b> (Ice Cream <b>MILK</b> )	<b>Sultana and Cherry Sponge Cake</b> (Sultanas, Cherries, Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT, EGG</b> )	<b>Chocolate Orange Cake</b> (Orange Essence, Coco Powder, Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT, EGG</b> )
<b>Dessert 2</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )



### September 2019 Week 3 Allergy Information

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	<b>BBQ Chicken Wrap</b> (Chicken Breast Diced, BBQ Sauce, Wraps <b>WHEAT MILK</b> )	<b>Minced Beef Lasagne</b> (Minced Beef, Onion, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Lasagne Sheets <b>WHEAT</b> , White Sauce <b>MILK WHEAT</b> , Cheese <b>MILK</b> )	<b>Roast Chicken and Stuffing</b> (Chicken, Gravy, Stuffing Ball – Pork, Sage and Onion <b>WHEAT</b> )	<b>Hot Dogs (Lincolnshire Sausage)</b> (Lincolnshire Sausage <b>WHEAT</b> , Bread Roll <b>WHEAT MILK</b> )	<b>Fish Piece</b> ( <b>FISH</b> , Breadcrumbs Coating <b>WHEAT MILK EGG</b> )
<b>Main 2</b>	<b>Quorn Pieces in BBQ Sauce with Wrap</b> (Quorn Pieces <b>EGG</b> , BBQ Sauce, Wraps <b>WHEAT MILK</b> )	<b>Macaroni Cheese</b> (Cheese <b>MILK</b> , Pasta <b>WHEAT</b> , White Sauce <b>WHEAT MILK</b> )	<b>Quorn Roast</b> (Quorn <b>EGG</b> , Gravy)	<b>Quorn Dog</b> (Quorn Sausage <b>EGG</b> , Bread Roll <b>WHEAT MILK</b> )	<b>Vegetable and Bean Chilli Served with Rice</b> (5 Bean Mixed Salad, Garlic Puree, Potato, Peas, Sweetcorn, Onion, Mixed Herbs, Chilli Powder, Rice)
<b>Main 3</b>	<b>Jacket Potato with Tuna Mayonnaise</b> (Potato Baked with Skin on, Tuna <b>FISH</b> , Mayonnaise <b>EGG MUSTARD</b> )	<b>Jacket Potato with Chicken Mayonnaise</b> (Potato Baked with Skin on, Diced Chicken Breast, Mayonnaise <b>EGG 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 Baked Beans</b> (Potato Baked with Skin on, baked Beans)
<b>Accompaniment 1</b>	<b>Homemade Potato Wedges</b> (Potatoes Cooked in Sunflower Oil)	<b>Homemade Garlic Bread</b>	<b>New Potatoes</b>	<b>Raw Carrot Sticks</b>	<b>Homemade Potato Wedges</b> (Potatoes Cooked in Sunflower Oil)
<b>Accompaniment 2</b>	<b>Shredded Lettuce Peas</b>	<b>Broccoli Sweetcorn</b>	<b>Carrots Peas</b>	<b>Cucumber Sticks Sweetcorn Tomato Sauce Sachet</b>	<b>Peas Baked Beans</b>
<b>Dessert 1</b>	<b>Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Mixed Berry Flapjack</b> (Mixed Berries, Porridge Oats <b>WHEAT</b> , Margarine <b>MILK</b> , Sugar)	<b>Victoria Sponge Cake</b> (Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT</b> , <b>EGG</b> , Jam, Icing Sugar, <b>MILK</b> )	<b>Cornflake Tart</b> (Pastry <b>WHEAT MILK</b> , Golden Syrup, Cornflakes <b>BARLEY</b> , Margarine <b>MILK</b> , Sugar, Jam)	<b>Chocolate Fudge Cake</b> (Sugar, Margarine <b>MILK</b> , Flour <b>WHEAT</b> , <b>EGG</b> , Coco Powder, Icing Sugar, <b>MILK</b> )
<b>Dessert 2</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )	<b>Fresh Fruit or Yoghurt</b> (Low Fat Yoghurt <b>MILK</b> )