



Allergies Summer 2020 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza (Cheese MILK , Chopped Tomatoes, Mixed Herbs, Garlic Puree, Pizza Dough WHEAT MILK)	Chilli Con Carne (Minced Beef, Chopped Tomatoes, Baked Beans, Chilli Powder, Chilli Flakes, Mixed Herbs, Garlic Puree)	Roast Chicken and Stuffing (Chicken, Gravy, Stuffing – Pork, Sage and Onion WHEAT)	Spaghetti and Meatballs (Spaghetti WHEAT , Pork and Beef Meatballs WHEAT , Chopped Tomatoes, Garlic Puree, Mixed Herbs)	Fish Fingers (FISH , Breadcrumb Coating WHEAT EGG MILK)
Main 2	Cheese and Broccoli Bake (Cheese MILK , Broccoli, Potatoes, White Sauce MILK WHEAT , Garlic Puree)	5 Bean Vegetable and Lentil Chilli (5 Bean Salad, Chopped Tomatoes, Lentils, Garlic Puree, Mixed Herbs, Chilli Powder, Chilli Flakes)	Quorn Roast (Quorn Fillet EGG , Gravy)	Cheese and Tomato Pasta (Cheese MILK , Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pasta WHEAT)	Cheese Omelette (Cheese MILK , Omelette Mix EGG MILK)
Main 3	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	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 Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Cucumber Sticks (main 1 only)	Rice	New Potatoes	Broccoli	Chipped Potatoes Oven Baked (Potatoes cooked in Sunflower Oil)
Accompaniment 2	Peas Sweetcorn	Cauliflower Green Beans	Carrots Peas	Sweetcorn	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Lemon Drizzle Cake (Sugar, Margarine MILK , EGGS , Flour WHEAT , Lemons)	Ice Cream (Ice Cream MILK)	Raspberry and Coco Sponge (Sugar, Margarine MILK , EGGS , Flour WHEAT , Raspberries, Coco Powder)	Chocolate Fudge Cake (Sugar, Margarine MILK , EGGS , Flour WHEAT , Coco Powder, Icing Sugar, MILK)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)

Allergens in **bold**



Allergies Summer 2020 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry (Diced Chicken Breast, Peppers, Onion, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Tikka Paste, Garlic Puree)	Minced Beef Lasagne (Minced Beef, Chopped Tomatoes, Garlic Puree, Mixed Herbs, Pasta WHEAT , White Sauce WHEAT MILK , 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)	Fish Cake (Salmon and Cod) (FISH – SALMON AND COD , Breadcrumbs Coating WHEAT EGG MILK)
Main 2	Vegetable and Lentil Curry (Carrots, Potatoes, Peppers, Onions, Sweetcorn, Chopped Tomatoes, Garam Massalla, Mixed Herbs, Garlic Puree, Tikka Paste)	Macaroni Cheese White Sauce WHEAT MILK , Pasta WHEAT , Mixed Herbs, Garlic Puree, Seasoning, Cheese MILK)	Quorn Roast and Yorkshire Pudding (Quorn EGG , Gravy, Yorkshire Pudding WHEAT EGG MILK)	Quorn Dog (Quorn Sausage EGG , Bread Roll WHEAT MILK)	Cheese Pinwheel (Cheese MILK , Potatoes, EGG , Pastry WHEAT MILK)
Main 3	Jacket Potato with Cheese (Potato Baked with Skin on, Cheese MILK)	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG 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 EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with Skin on, Baked Beans)
Accompaniment 1	Homemade Naam Bread (Flour WHEAT, MILK , Mixed Herbs, Bicarbonate of Soda, Oil, Sugar)	Homemade Garlic Bread (Garlic Puree, Mixed Herbs, Bread Dough WHEAT MILK)	Homemade Roast Potatoes (Potatoes Cooked in Sunflower Oil)	Raw Carrot Sticks	Chipped Potatoes Oven Baked (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Rice Peas	Sweetcorn Cabbage	Carrots Broccoli	Cucumber Sticks Sweetcorn Tomato Sauce Sachet	Baked Beans Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Cherry and Sultana Sponge (Sultanas, Cherries, Flour WHEAT , Sugar, Margarine MILK, EGG)	Artic Roll (Artic Roll MILK EGG WHEAT)	Raspberry, Coconut and Coco Sponge (Raspberries, Coco Powder, Coconut, Flour WHEAT , Sugar, Margarine MILK, EGG)	Victoria Sponge Cake (Icing Sugar, Jam, Margarine MILK , Flour WHEAT , Sugar, EGG, MILK)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)

Allergens in **bold**



Allergies Summer 2020 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	BBQ Chicken Wraps (Chicken Breast Diced, BBQ Sauce, Wraps WHEAT MILK)	Sweet and Sour Chicken (Diced Chicken Breast, Sweet and Sour Sauce CELERY)	Roast Pork and Stuffing (Roast Pork, Gravy, Stuffing Ball – Pork, Sage and Onion WHEAT)	Cheeseburger in a Bun (Beef Burger WHEAT , Bread Bun WHEAT MILK , Cheese MILK)	Fish Squares (FISH , Breadcrumb Coating WHEAT EGG MILK)
Main 2	Quorn Pieces in BBQ Sauce with a Wrap (Quorn Pieces EGG , BBQ Sauce, Wraps WHEAT MILK)	Vegetable Stir Fry in a Sweet Chilli Sauce (Beansprouts, Cabbage, Carrot, Broccoli, Onion, Sweet Chilli Sauce)	Quorn Roast (Quorn EGG , Gravy)	Quorn Burger with Cheese in a Bun (Veggie Burger WHEAT EGG , Bread Bun WHEAT MILK , Cheese MILK)	Spicy Courgette Pasta (Courgette, Chopped Tomatoes, Garlic, Onion, Paprika, Chilli Flakes, Sugar, Pasta WHEAT , Cheese MILK)
Main 3	Jacket Potato with Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	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 Tuna Mayonnaise (Potato Baked with Skin on, Tuna FISH , Mayonnaise EGG MUSTARD)	Jacket Potato with Baked Beans (Potato Baked with skin on, Baked Beans)
Accompaniment 1	Shredded Lettuce	Rice	New Potatoes	Homemade Potato Wedges (Potatoes Cooked in Sunflower Oil)	Chipped Potatoes Oven Baked (Potatoes Cooked in Sunflower Oil)
Accompaniment 2	Cucumber Sticks Sweetcorn	Vegetable Spring Roll (Wheat , Mixed Vegetables, Seasoning) Peas	Carrots Broccoli	Raw Carrot Sticks Peas Tomato Sauce Sachet	Baked Beans (Main 1 only) Peas
Dessert 1	Yoghurt (Low Fat Yoghurt MILK)	Summer Berries and Mascarpone Tart (Puff Pastry WHEAT MILK , Icing Sugar, Mascarpone MILK , Double Cream MILK , Mixed Berriers)	Strawberry Ice Cream (Ice Cream MILK , Strawberry Flavouring)	Banana and Sultana Sponge Cake (Banana, Sultana, Sugar, Flour WHEAT , EGGS , Margarine MILK)	Orange Sponge with Chocolate Fudge Topping (Orange Essence, Flour WHEAT , EGGS , Sugar, Margarine MILK , Coco Powder, Icing Sugar, MILK)
Dessert 2	Fresh Fruit	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)	Fresh Fruit or Yoghurt (Low Fat Yoghurt MILK)

Allergens in **bold**