

Allergy Key: **Wheat/ Gluten** **Garlic** **Egg** **Tomato** **Soya** **Dairy**

**Mustard** **Fish** **Celery** **Lupin** **Sesame** **Peanuts/ Other Nuts** **Molluscs & Crustaceans** **Sulphur Dioxide/ Sulphites>10ppm**

<u>Week 1</u>	<u>LUNCH</u>	<u>INGREDIENTS</u>	<u>DESSERT</u>	<u>INGREDIENTS</u>	<u>VEGETARIAN</u>	<u>INGREDIENTS</u>
<u>MONDAY</u>	MINCED BEEF BOLOGNAISE <b>PASTA TWISTS</b>	90% minced beef Onions, <b>garlic</b> , <b>tomato</b> paste, chopped <b>tomatoes</b> , mixed peppers.	MULLER LITTLE STAR YOGHURTS, (strawberry, raspberry, peach)	Muller little stars contain <b>Milk</b>	VEGETABLE BOLOGNAISE <b>PASTA TWISTS</b>	Chopped <b>Tomatoes</b> , <b>Tomato Paste</b> , Onions, <b>garlic</b> puree, lentils, peppers, white beans, cannellini beans, grated carrot <b>soya</b> mince
<u>TUESDAY</u>	SAUSAGE & LENTIL CASSEROLE, BOILED POTATOES, CARROTS & SWEETCORN	Sausages, gluten free gravy, herbs, lentils green, onions, garlic, Sausages are free from all above allergens	SULTANA SPONGE WITH CUSTARD	<b>Butter</b> , <b>flour</b> , <b>egg</b> , sugar, sultanas	VEGETABLE <b>SAUSAGE</b> CASSEROLE, BOILED POTATOES, CARROTS & SWEETCORN	Vegetable sausage, gluten free gravy, herbs, lentils (green), onions, <b>garlic</b>
<u>WEDNESDAY</u>	MIXED WHITE <b>FISH</b> CAKE WITH A <b>CHEESE</b> <b>SAUCE</b> , NEW POTATOES PEAS & MIXED VEG	Mixed white cake contains <b>flour</b> , <b>fish</b> , <b>milk</b> , <b>mustard</b> , potato, mixed herbs <b>Milk</b> , <b>flour</b> , <b>butter</b> , <b>cheese</b> mixed herbs for the sauce	STRAWBERRY OR RASPBERRY JELLY, WITH FRUIT COCKTAIL	Jelly is vegetarian friendly, fruit cocktail contains a mixture of soft fruits which is subject to change	SOYA STRIPS IN GLUTEN FREE FRAVY NEW POTATOES PEAS & MIXED VEG	Soya strips contain <b>Soya</b> & <b>Mustard</b>
<u>THURSDAY</u>	LOCALLY SOURCED FREE RANGE CHICKEN SWEET'N' SOUR LONG GRAIN RICE	Chicken, honey, <b>passata</b> , pineapple, pepper, carrot, courgette, mushroom, aubergine, vinegar, <b>tomato puree</b> , arrowroot	CHOCOLATE ICE CREAM WITH WAFERS	Chocolate ice cream contains <b>Milk</b>  Wafers contain <b>wheat</b>	VEGETABLE SWEET 'N' SOUR LONG GRAIN RICE	Honey, <b>passata</b> , pineapple, pepper, courgette, pulses, carrot, mushroom, aubergine, vinegar, <b>tomato puree</b> , arrowroot
<u>FRIDAY</u>	ROASTED TURKEY, BOILED POTATOES, GREEN BEANS & CARROTS AND GLUTEN FREE GRAVY	As in the lunch description	FRESHLY BAKED CARROT CAKE  WITH <b>CUSTARD</b>	<b>Eggs</b> , vegetable oil, <b>plain flour</b> , baking powder, granulated sugar, ground cinnamon, allspice, carrots, sultanas, lemon	SOYA STRIPS IN GLUTEN FREE FRAVY NEW POTATOES AND GREEN BEANS & CARROTS	Soya strips contain <b>Soya</b> & <b>Mustard</b>

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<b>Week 2</b>	<b>LUNCH</b>	<b>INGREDIENTS</b>	<b>DESSERT</b>	<b>INGREDIENTS</b>	<b>VEGETARIAN</b>	<b>INGREDIENTS</b>
<b>MONDAY</b>	WHOLESOME CHILLI CON CARNE WITH RICE	90% minced beef Chilli powder, kidney beans, Onions, <b>garlic</b> , <b>tomato paste</b> , <b>chopped tomatoes</b> , mixed peppers,	STRAWBERRY MOUSSE  WITH WAFERS	Strawberry mousse contains <b>Milk</b>	WHOLESOME THREE BEAN CHILLI WITH RICE	Cannellini Beans, Chick peas, Chilli powder, kidney beans, Onions, <b>garlic</b> , <b>tomato paste</b> , <b>chopped tomatoes</b> , mixed peppers,
<b>TUESDAY</b>	CHICKEN IN GRAVY, BOILED POTATOES AND PEAS & SWEETCORN	Chicken, potatoes, gluten free gravy Two types of veg	PEACHES & PINEAPPLES  WITH <b>CUSTARD</b>	As in the lunch description	SOYA STRIPS IN GLUTEN FREE FRAVY  NEW POTATOES PEAS & SWEETCORN	Soya strips contain <b>Soya</b> & <b>Mustard</b>
<b>WEDNESDAY</b>	JACKET POTATOES WITH  <b>CHEESE</b> , <b>BEANS</b> ,	As in the lunch description	CHCOLATE SPONGE & <b>CUSTARD</b>	<b>FLOUR</b> , <b>EGG</b> , SUGAR, <b>BUTTER</b> REDUCED FAT COCOA POWDER	JACKET POTATOES WITH  <b>CHEESE</b> , <b>BEANS</b> ,	As in the lunch description
<b>THURSDAY</b>	SALMON & SWEET POTATO FISH CAKE <b>TOMATO</b> & CHILLI SAUCE SERVED WITH POTAOOTES, GREEN BEAN & CARROTS	<b>Salmon</b> , <b>breadcrumbs</b> <b>cod</b> , onions, herbs, potato, sunflower oil <b>tomato</b> , onion, <b>garlic</b> , chilli powder, <b>tomato paste</b> , peppers,	MULLER LITTLE STAR YOGHURTS, (strawberry, raspberry, peach)	Muller little stars contain <b>Milk</b>	NUTRITIOUS RATATOUILLE SERVED WITH POTAOOTES, GREEN BEAN & CARROTS	Onion, <b>garlic</b> , <b>tomato</b> , <b>tomato paste</b> , mixed herbs, peppers, mushroom, courgettes, leeks aubergines mixed beans
<b>FRIDAY</b>	JERK STYLE CHICKEN SERVED WITH MIXED VEGETABLE AND PEPPER RICE	Jerk chicken contains Chicken slices, jerk sauce which doesn't contain any allergens at all	JELLY & <b>ICE CREAM</b>	Jelly is suitable for vegetarians the ice cream contains <b>dairy</b> only	SOYA STRIPS IN GLUTEN FREE FRAVY SERVED WITH MIXED VEGETABLE AND PEPPER RICE	Soya strips contain <b>Soya</b> & <b>Mustard</b>

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<b>Week 3</b>	<b>LUNCH</b>	<b>INGREDIENTS</b>	<b>DESSERT</b>	<b>INGREDIENTS</b>	<b>VEGETARIAN</b>	<b>INGREDIENTS</b>
<b>MONDAY</b>	MORROCAN CHICKEN TAGINE WITH WHITE RICE	Chicken, onions, leeks, aubergines, peppers, courgettes, carrots, chick peas, sweet potatoes, butternut squash, coriander, cumin, paprika, turmeric, <b>garlic</b> <b>Tomato's</b>	HOMAEMADE BLUBERRY MUFFIN WITH CUSTARD	<b>Flour</b> , <b>butter</b> & sugar, <b>Egg</b> , oil, <b>milk</b> , blueberries, baking powder	MIXED VEGETABLE MOROCCAN CURRY WITH WHITE RICE	Onions, leeks, <b>tomato</b> aubergines, peppers, courgettes, carrots, chick peas, lentils, sweet potatoes, butternut squash, coriander, cumin, paprika, turmeric, <b>garlic</b>
<b>TUESDAY</b>	JACKET POTATOES WITH <b>CHEESE</b> , <b>BEANS</b> ,	As in the lunch description	BANANAS WITH <b>CUSTARD</b>	As in the lunch description	JACKET POTATOES WITH <b>CHEESE</b> , <b>BEANS</b> ,	As in the lunch description
<b>WEDNESDAY</b>	COTTAGE PIE WITH PEAS, SWEECORN & GLUTEN FREE GRAVY	Minced beef 90% abv Onion, <b>garlic</b> , mixed veg, herbs, gluten free gravy,	MULLER LITTLE STAR YOGHURTS, (strawberry, raspberry, peach)	Muller little stars contain <b>Milk</b>	HEALTHY LENTIL AND VEGETABLE COTTAGE PIE WITH PEAS, SWEECORN & GLUTEN FREE GRAVY	Lentils green and red, Onions, <b>garlic</b> , mixed herbs, mixed vegetables, gravy, topped with mash only pepper added
<b>THURSDAY</b>	SAUSAGES IN GRAVY, WITH BOILED POTATOES & MIXED VEG & GREEN BEANS	As in the lunch description Sausages are free from all above allergens	HOMEMADE CHOCOLATE BROWNIE AND <b>CUSTARD</b>	<b>Flour</b> , <b>butter</b> , sugar, <b>eggs</b> , veg oil, chocolate chips, cocoa powder	VEGETARIAN SAUSAGES WITH POTATOES, MIXED VEG & GREEN BEANS	Vegetable sausage, gluten free gravy,
<b>FRIDAY</b>	WHITE COD <b>FISH</b> CAKE WITH A <b>WHITE SAUCE</b> , NEW POTATOES PEAS & SWEETCORN	White cod cake contains <b>flour</b> , <b>fish</b> , <b>milk</b> , <b>mustard</b> , potato, mixed herbs <b>Milk</b> , <b>flour</b> , <b>butter</b> , mixed herbs for the sauce	VEGETARIAN JELLY WITH <b>ICE CREAM</b>	Jelly is suitable for vegetarians the ice cream contains <b>dairy</b> only	SOYA STRIPS IN GLUTEN FREE GRAVY SERVED WITH NEW POTATOES PEAS & SWEETCORN	Soya strips contain <b>Soya</b> & <b>Mustard</b>