

Primary School Menu - Winter 2018

| Week 1 08/01/2018, 05/02/2018, 05/03/2018 | | | | | Traditional |
|---|--|--|---|---|--|
| | MON | TUE | WED | THUR | FRI |
| Main Option 1 (Soup & Sandwich) | Chicken Noodle Soup | Potato and Leek Soup | Vegetable Soup | Lentil Soup | |
| | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese |
| Main Option 2 | Fish Fingers with Oven Chips | Spaghetti with Meatballs in a Tomato Sauce | Roast Turkey in Gravy Roast Potatoes | Chicken Enchiladas with Savoury Rice | Sausage in a Roll |
| | Salad | Choice of Vegetables | Choice of Vegetables | Salad | Side of Fruit/Veg |
| Main Option 3 (M) | Cheese & Tomato Pizza Oven Chips | Quorn Spaghetti Bolognaise | Jacket Potato with Beans and Cheese | Tomato and Basil Pasta with Garlic Bread | Vegetarian Sausage in a Roll |
| | Salad | Salad | Salad | Choice of Vegetables | Side of Fruit/Veg |
| Dessert | Yoghurt or Selection of Fresh Fruit or Oat Biscuit | Yoghurt or Selection of Fresh Fruit or Mixed Melon Pot | Yoghurt or Selection of Fresh Fruit or Banana Pop | Yoghurt or Selection of Fresh Fruit or Crispie Cake | Yoghurt or Selection of Fresh Fruit or Popcorn |
| | PACKED LUNCH | | | | |
| This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables | | | | | |

Week 2 15/01/2018, 12/02/2018, 12/03/2018

Traditional

| | MON | TUE | WED | THUR | FRI |
|------------------------------------|---|--|--|---|--|
| Main Option 1 (Soup & Sandwich) | Chicken Noodle Soup | Potato and Leek Soup | Vegetable Soup | Lentil Soup | |
| | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese |
| Main Option 2 | Macaroni Cheese with Garlic Bread | Steak Pie with Mashed Potatoes | Fish and Chips | Chicken Korma with Rice | Chicken Goujons in a Bun |
| | Salad | Choice of Vegetables | Choice of Vegetables | Naan Bread | Side of Fruit/Veg |
| Main Option 3 (M) | Quorn and Vegetable Korma with Rice | Three Bean Chilli Wrap with Mozzarella | Sweet and Sour Quorn with Savoury Rice | Jacket Potato with Beans and Cheese | Quorn Dippers in a Bun |
| | Naan bread | Salad | Mixed Roast Vegetables | Salad | Side of Fruit/Veg |
| Dessert | Yoghurt or Selection of Fresh Fruit or Fairy Cake | Yoghurt or Selection of Fresh Fruit or Fruit Jelly | Yoghurt or Selection of Fresh Fruit or Mixed Berries | Yoghurt or Selection of Fresh Fruit or Cheese and Crakers with Grapes | Yoghurt or Selection of Fresh Fruit or Brownie |

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables

Week 3 22/01/2018, 19/02/2018, 19/03/2018

Traditional

| | MON | TUE | WED | THUR | FRI |
|------------------------------------|--|--|---|--|--|
| Main Option 1 (Soup & Sandwich) | Chicken Noodle Soup | Potato and Leek Soup | Vegetable Soup | Lentil Soup | |
| | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese |
| Main Option 2 | Cod and Salmon Fish Cakes with Pasta Twirls | Cottage Pie Choice of Vegetables | Roast Beef in Gravy Mashed Potato Yorkshire Pudding | Cheese and Tomato Pizza with Potato Smiles | Grilled Chicken in a Bun Side of Fruit/Veg |
| | Salad | | Choice of Vegetables | Salad | |
| Main Option 3 (M) | Quorn Chilli Carne with Rice | Tomato and Basil Pasta Garlic Bread | Butternut Squash and Chick Pea Curry with Rice | Quorn Dippers with Potato Smiles | Vegetarian Burger in a Bun |
| | Salad | Choice of Vegetables | Naan Bread | Baked Beans | Side of Fruit/Veg |
| Dessert | Yoghurt or Selection of Fresh Fruit or Carrot Cake | Yoghurt or Selection of Fresh Fruit or Apple Crumble with Custard | Yoghurt or Selection of Fresh Fruit or Mixed Melon Pots | Yoghurt or Selection of Fresh Fruit or Mini Shortbread with a Fruit Wedge | Yoghurt or Selection of Fresh Fruit or Popcorn |

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables

Week 4 29/01/2018, 26/02/2018, 26/03/2018

Traditional



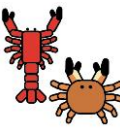
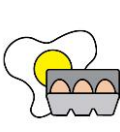
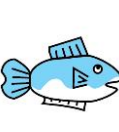
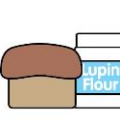



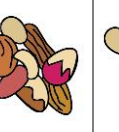

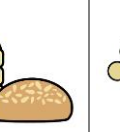
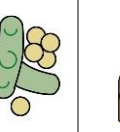

| | MON | TUE | WED | THUR | FRI |
|------------------------------------|---|---|---|--|--|
| Main Option 1 (Soup & Sandwich) | Chicken Noodle Soup | Potato and Leek Soup | Vegetable Soup | Lentil Soup | |
| | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese | Sandwiches Ham Egg Tuna Cheese |
| Main Option 2 | Chicken Tikka Wrap Potato Smiles | Chilli Con Carne with Rice | BBQ Chicken with Oven Chips | Chicken and Pasta Bake with Garlic Bread | Beefburger in a Bun |
| | Choice of vegetables | Salad | Choice of Vegetables | Salad | Side of Fruit/Veg |
| Main Option 3 (M) | Quorn Spaghetti Bolognaise | Jacket Potato with Beans and Cheese | Vegetarian Sausages with Mashed Potatoes | Cheese Omelette with Garlic Bread and Baked Beans | Quorn Burger in a Bun |
| | Choice of Vegetables | Salad | Choice of vegetables | | Side of Fruit/Veg |
| Dessert | Yoghurt or Selection of Fresh Fruit or Empire Biscuit | Yoghurt or Selection of Fresh Fruit or Cheese and Biscuits with Grapes | Yoghurt or Selection of Fresh Fruit or Chunky Fruit Salad | Yoghurt or Selection of Fresh Fruit or Fruit Jelly | Yoghurt or Selection of Fresh Fruit or Brownie |

PACKED LUNCH




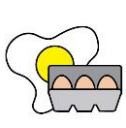
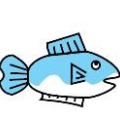







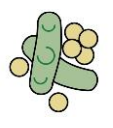

This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables

DISHES AND THEIR ALLERGEN CONTENT - WINTER 2018



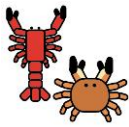
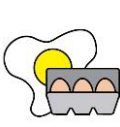
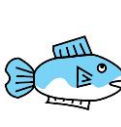
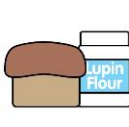








[m/c = may contain]

| Week 1 traditional/week 3 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| DATES 08/01/2018, 05/02/2018, 05/03/2018 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Knorr Chicken Noodle Soup | X _(m/c) | X | | X | | | X _(m/c) | | | | | | | |
| Potato and Leek Soup | X | | | | | | | | | | | | | |
| Vegetable Soup | | X _(m/c) | | | | | X _(m/c) | | | | | | | |
| Lentil Soup | | | | | | | | | | | | | | |
| Cheese Sandwich | | X | | | | | X | | | | | | X | |
| Egg Sandwich | | X | | X | | | X | | X | | | | X | |
| Ham Sandwich | | X | | | | | X | | | | | | X | |
| Tuna Sandwich | | X | | X | X | | X | | X | | | | X | |
| Salmon fish fingers | | | | | X | | | | | | | | | |
| Oven chips | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Mixed salad | | | | | | | | | | | | | | |
|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|



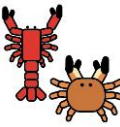
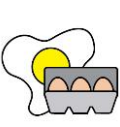
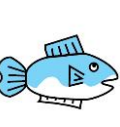




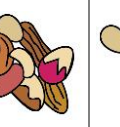

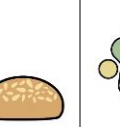
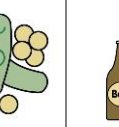

| Week 1 traditional/week 3 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Cheese and Tomato Pizza | | X | | | | | X | | | | | | | |
| Yoghurt | | | | | | | X | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Oat Biscuit | | X | | | | | X | | | | | | | |
| Spaghetti and Meatballs | | X | | | | | | | | | | | | |
| Vegetables | | | | | | | | | | | | | | |
| Vegetarian Bolognese | | X | | X | | | X _(m/c) | | | | | | | |
| Mixed Melon Pot | | | | | | | | | | | | | | |
| Roast Turkey in Gravy | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|--|--|---|--|--|--|--|---|--|--|--|--|--|--|--|
| Roast Potatoes | | X | | | | | | | | | | | | |
| Jacket Potatoes with Baked Beans and Cheese | | | | | | | X | | | | | | | |
| Banana Pop | | | | | | | X | | | | | | | |
| Chicken Enchiladas | | X | | | | | X | | | | | | | |
| Savoury Rice | | | | | | | | | | | | | | |
| Tomato and Basil Pasta | | X | | | | | X | | | | | | | |
| Garlic Bread | | X | | | | | X | | | | | | | |
| Crispie Cake | | X | | | | | X | | | | | | | |
| Sausage in a Roll | | X | | | | | | | | | | | | |
| Vegetarian Sausage in a Roll | | X | | | | | | | | | | | | |
| Side of Fruit/Veg | | | | | | | | | | | | | | |
| Popcorn | | | | | | | | | | | | | | |


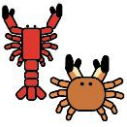



| Week 1 traditional/week 3 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Water | | | | | | | | | | | | | | |
| Fruit Juice Drink | | | | | | | | | | | | | | |
| Milk Drink | | | | | | | X | | | | | | | |
| Free Bread – Garlic Loaf | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread - White Farmhouse | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Kingsmill Wholemeal | | X | | | | | | | | | | | X | |
| Free Bread – Kingsmill White | | X | | | | | | | | | | | X | |
| Free Bread – Oval Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Cheese & Onion Bread | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Farmhouse Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Finger Rolls | | X | | | | | X | | | X(m/c) | X(m/c) | X(m/c) | X | |



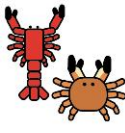
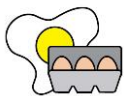
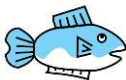
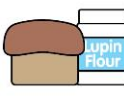








DISHES AND THEIR ALLERGEN CONTENT - WINTER MENU 2018

[m/c = may contain]




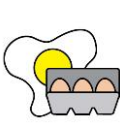
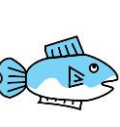
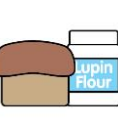




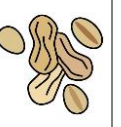



| Week 2 traditional/week 4 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DATES 15/01/2018, 12/02/2018, 12/03/2018 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Knorr Chicken Noodle Soup | X _(m/c) | X | | X | | | X _(m/c) | | | | | | | |
| Potato and Leek Soup | X | | | | | | | | | | | | | |
| Vegetable Soup | | X _(m/c) | | | | | X _(m/c) | | | | | | | |
| Lentil Soup | | | | | | | | | | | | | | |
| Cheese Sandwich | | X | | | | | X | | | | | | X | |
| Egg Sandwich | | X | | X | | | X | | X | | | | X | |
| Ham Sandwich | | X | | | | | X | | | | | | X | |
| Tuna Sandwich | | X | | X | X | | X | | X | | | | X | |
| Macaroni Cheese | | X | | | | | X | | | | | | | X |
| Garlic Bread | | X | | | | | X | | | | | | | |

| | | | | | | | | | | | | | | |
|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Mixed Salad | | | | | | | | | | | | | | |
|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

| Week 2 traditional/week 4 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Quorn Korma | | | | X | | | X | | X | | | | | |
| Rice | | | | | | | | | | | | | | |
| Naan Bread | | X | | | | | X | | | | | | | |
| Yoghurt | | | | | | | X | | | | | | | |
| Fresh fruit | | | | | | | | | | | | | | |
| Fairy Cake | | X | | X | | | X | | | | | | | |
| Steak Pie | | X | | | | | X | | | | | | | |
| Mashed Potatoes | | | | | | | | | | | | | | |
| Mixed Vegetables | | | | | | | | | | | | | | |
| Three Bean Chilli Wrap with Mozzarella | | X | | | | | X | | | | | | | X _(m/c) |



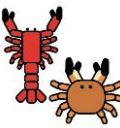
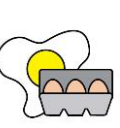

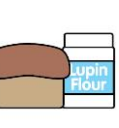



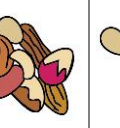

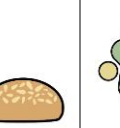
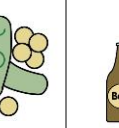

| Week 2 traditional/w week 4 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Fruit Jelly | | | | | | | | | | | | | | |
| Fish | | | | | X | | | | | | | | | |
| Oven Chips | | | | | | | | | | | | | | |
| Sweet and Sour Quorn | | | | X | | | | | | | | | | |
| Savoury Rice | | | | | | | | | | | | | | |
| Mixed roasted vegetables | | | | | | | | | | | | | | |
| Mixed Berries | | | | | | | | | | | | | | |
| Chicken Korma | | | | | | | X | | X | | | | | |
| Rice | | | | | | | | | | | | | | |
| Naan Bread | | X | | | | | X | | | | | | | |
| Jacket Potato with Beans and Cheese | | | | | | | X | | | | | | | |

| | | | | | | | | | | | | | | |
|------------------------------------|--|---|--|---|--|--|---|--|--|--|--|--------------------|--------------------|--|
| Cheese, Crackers and Grapes | | X | | | | | X | | | | | | | |
| Chicken Goujons in a Bun | | X | | | | | | | | | | | | |
| Quorn Dippers in a Bun | | X | | X | | | X | | | | | X _(m/c) | X _(m/c) | |
| Brownie | | X | | X | | | | | | | | | | |



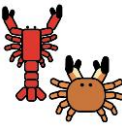
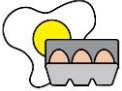
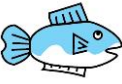
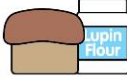








| Week 2 traditional/week 4 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Water | | | | | | | | | | | | | | |
| Fruit Juice Drink | | | | | | | | | | | | | | |
| Milk Drink | | | | | | | X | | | | | | | |
| Free Bread – Garlic Loaf | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread - White Farmhouse | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Kingsmill Wholemeal | | X | | | | | | | | | | | X | |
| Free Bread – Kingsmill White | | X | | | | | | | | | | | X | |
| Free Bread – Oval Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Cheese & Onion Bread | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Farmhouse Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Finger Rolls | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |

DISHES AND THEIR ALLERGEN CONTENT - WINTER MENU 2018



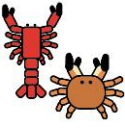
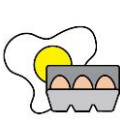
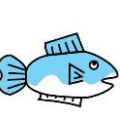
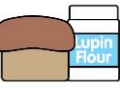






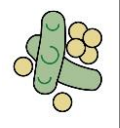

[m/c = may contain]



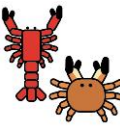
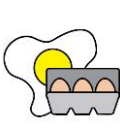

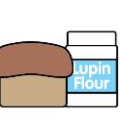


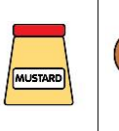





| Week 3 traditional/week 1 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DATES 22/01/2018, 19/02/2018, 19/03/2018 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Knorr Chicken Noodle Soup | X _(m/c) | X | | X | | | X _(m/c) | | | | | | | |
| Potato and leek soup | X | | | | | | | | | | | | | |
| Vegetable Soup | | X _(m/c) | | | | | X | | | | | | | |
| Lentil Soup | | | | | | | | | | | | | | |
| Cheese Sandwich | | X | | | | | X | | | | | | X | |
| Egg Sandwich | | X | | X | | | X | | X | | | | X | |
| Ham Sandwich | | X | | | | | X | | | | | | X | |
| Tuna Sandwich | | X | | X | X | | X | | X | | | | X | |
| Cod and Salmon Fish Cakes | | X | | | | | X | | | | | | | |
| Pasta Twirls | | X | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Mixed salad | | | | | | | | | | | | | | |
|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

| Week 3 traditional/week 1 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Quorn Chilli | | | | X | | | | | | | | | | |
| Rice | | | | | | | | | | | | | | |
| Yoghurt | | | | | | | X | | | | | | | |
| Fresh fruit | | | | | | | | | | | | | | |
| Carrot Cake | | X | | X | | | | | | | | | | |
| Cottage Pie | | | | | | | X | | | | | | | |
| Mixed Vegetables | | | | | | | | | | | | | | |
| Tomato and Basil Pasta | | X | | | | | X | | | | | | | |
| Garlic Bread | | X | | | | | X | | | | | | | |



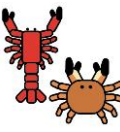
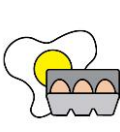
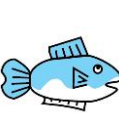
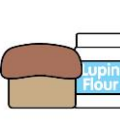








| | | | | | | | | | | | | | | |
|---|--|---|--|--------------------|--|--|---|--|--|--|--|--------------------|--------------------|--|
| Apple Crumble with Custard | | X | | | | | X | | | | | | | |
| Roast Beef in Gravy | | | | | | | | | | | | | | |
| Mashed Potato | | | | | | | | | | | | | | |
| Yorkshire Pudding | | X | | X | | | X | | | | | | | |
| Butternut Squash and Chick Pea Curry | | | | | | | | | | | | | | |
| Rice | | | | | | | | | | | | | | |
| Naan Bread | | X | | | | | X | | | | | | | |
| Mixed Melon | | | | | | | | | | | | | | |
| Cheese and Tomato Pizza | | X | | | | | X | | | | | | | |
| Potato Smiles | | | | | | | | | | | | | | |
| Quorn Dippers | | X | | X | | | X | | | | | X _(m/c) | X _(m/c) | |
| Mini Shortbread with a Fruit Wedge | | X | | | | | X | | | | | | | |
| Grilled Chicken in a Bun | | X | | X _(m/c) | | | X | | | | | X _(m/c) | X _(m/c) | |

| Week 3 traditional/week 1 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Vegetarian Burger in a Bun | | X | | | | | X | | | | | X _(m/c) | X _(m/c) | X |
| Side of Fruit/Veg | | | | | | | | | | | | | | |
| Popcorn | | | | | | | | | | | | | | |



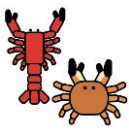
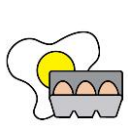








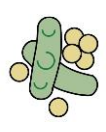
| Week 3 traditional/week 1 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Water | | | | | | | | | | | | | | |
| Fruit Juice Drink | | | | | | | | | | | | | | |
| Milk Drink | | | | | | | X | | | | | | | |
| Free Bread – Garlic Loaf | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread - White Farmhouse | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Kingsmill Wholemeal | | X | | | | | | | | | | | X | |
| Free Bread – Oval Cavalier | | X | | | | | | | | | | | X | |
| Free Bread – Cheese & Onion Bread | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Farmhouse Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Finger Rolls | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |



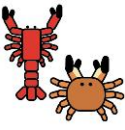
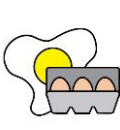
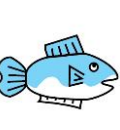
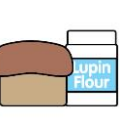




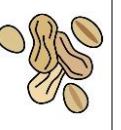



DISHES AND THEIR ALLERGEN CONTENT - WINTER MENU 2018

[m/c = may contain]

| Week 4 traditional/week 2 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| DATES 29/01/2018, 26/02/2018, 26/03/2018 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Knorr Chicken Noodle Soup | X _(m/c) | X | | X | | | X _(m/c) | | | | | | | |
| Potato and leek soup | X | | | | | | | | | | | | | |
| Vegetable Soup | | X _(m/c) | | | | | X _(m/c) | | | | | | | |
| Lentil Soup | | | | | | | | | | | | | | |
| Cheese Sandwich | | X | | | | | X | | | | | | X | |
| Egg Sandwich | | X | | X | | | X | | X | | | | X | |
| Ham Sandwich | | X | | | | | X | | | | | | X | |
| Tuna Sandwich | | X | | X | X | | X | | X | | | | X | |
| Chicken Tikka Wrap | | X | | | | | X | | | | | | | |
| Potato Smiles | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|-------------------------------------|--|---|--|--------------------|--|--|--------------------|--|--|--|--|--|--|--|
| Mixed Vegetables | | | | | | | | | | | | | | |
| Vegetarian Bolognaise | | X | | X | | | X _(m/c) | | | | | | | |
| Yoghurt | | | | | | | X | | | | | | | |
| Fruit Selection | | | | | | | | | | | | | | |
| Empire Biscuit | | X | | | | | X | | | | | | | |
| Chilli Con Carne | | | | | | | | | | | | | | |
| Rice | | | | | | | | | | | | | | |
| Jacket Potato with Beans and Cheese | | | | | | | X | | | | | | | |
| Salad | | | | | | | | | | | | | | |
| Cheese and Crackers with Grapes | | X | | | | | X | | | | | | | |
| BBQ Chicken Fillet | | X | | X _(m/c) | | | | | | | | | | |
| Oven Chips | | | | | | | | | | | | | | |
| Vegetarian Sausages | | X | | | | | | | | | | | | |
| Mashed Potatoes | | | | | | | | | | | | | | |

| Week 4 traditional/week 2 regen |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|---------------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Fruit Salad | | | | | | | | | | | | | | |
| Chicken and Pasta Bake | | X | | | | | X | | | | | | | |
| Garlic Bread | | X | | | | | X | | | | | | | |
| Cheese Omelette | | | | X | | | X | | | | | | | |
| Beans | | | | | | | | | | | | | | |
| Fruit Jelly | | | | | | | | | | | | | | |
| Beef Burger in a Bun | | X | | | | | X | | | X _(m/c) | | X _(m/c) | X _(m/c) | X _(m/c) |
| Quorn Burger in a Bun | | X | | X | | | X | | | | | X _(m/c) | X | |
| Side of Fruit/Veg | | | | | | | | | | | | | | |
| Brownie | | X | | X | | | | | | | | | | |

| Week 4 traditional/week 2 regen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Water | | | | | | | | | | | | | | |
| Fruit Juice Drink | | | | | | | | | | | | | | |
| Milk Drink | | | | | | | X | | | | | | | |
| Free Bread – Garlic Loaf | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread - White Farmhouse | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Kingsmill Wholemeal | | X | | | | | | | | | | | X | |
| Free Bread – Kingsmill White | | X | | | | | | | | | | | X | |
| Free Bread – Oval Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Cheese & Onion Bread | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Farmhouse Cavalier | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |
| Free Bread – Finger Rolls | | X | | | | | X | | | X (m/c) | X (m/c) | X (m/c) | X | |