



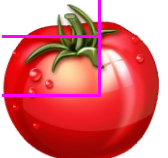
Millbrook Primary School Menu January and February 2018



W/c 1 Jan, 22 Jan, Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Ham Carbonara Cheese & Tomato Pasta Garlic Bread Seasonal vegetables Ice cream Fresh fruit Yoghurts 2 7	Roast Pork Loin Roast Quorn Fillet Served with Stuffing Roast Potatoes Seasonal vegetables Iced Chocolate Sponge Fresh fruit Yoghurts 2 4 7	Cheesy Vegetable Bake Baked Beans Rice Pots Fresh fruit Yoghurts 7	Minced Beef Hot Pot Quorn Hot Pot Seasonal vegetables Carrot Cake muffins Fresh fruit Yoghurts 2 4 7	Pizza Herby Diced Potatoes Sweetcorn Cookie Surprise Fresh fruit Yoghurts 2 7 10
Salad Bar—a variety of fresh salad available Mon, Weds and Fri . Bread is available daily				

W/c 8 Jan, 29 Jan Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise Macaroni Cheese Garlic Bread Seasonal vegetables Jelly & Shortbread Fresh fruit Yoghurts 2 7	Roast Chicken Halal Chicken Roast Quorn Fillet Served with Stuffing Potatoes Seasonal Vegetables Arctic Roll Fresh fruit Yoghurts 2 4 7	Fish Cakes with Creamy Mashed Potato Beans Iced Lemon Cupcakes Fresh fruit Yoghurts 2 5 7	Diced Beef Casserole Quorn Mince Served in Yorkshire Pudding Roast Potatoes Seasonal vegetables Jam Tart & Custard Fresh fruit Yoghurts 2 4 7	Sausage Halal Sausage Quorn Sausage Chips Beans Cookie Surprise Fresh fruit Yoghurts 2 4 7, 13
Salad Bar—a variety of fresh salad available Mon, Wed and Fri . Bread is available daily				

W/c 15 Jan, 5 Feb Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry Halal Chicken Vegetarian Curry Rice Mini Naan Bread Fruit Smoothie Fresh fruit Yoghurts 1 2 4 7 9	Sliced Roast Beef Sliced Quorn Served with Yorkshire Pudding Roast Potatoes Seasonal Vegetables Jam Roly Poly Custard Fresh fruit Yoghurts 2 4 7	Jacket Potato with a variety of fillings Salad Yoghurt Sponge with Raspberry Coulis Fresh fruit Yoghurts 2 4 5 7	All Day Breakfast Flavoured Custard Pot Fresh fruit Yoghurts 2 4 7, 10	Jumbo Fish Finger Chips Peas Cookie Surprise Fresh fruit Yoghurts 2 4 5 7, 10
Salad Bar—a variety of fresh salad is available Mon, Weds, Thurs & Fri. Bread is available daily				



14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



5 Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

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