



W/c 7 Jan, 28 Jan Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise Macaroni Cheese	Roast Chicken Halal Roast Chicken Roast Quorn Fillet	Sausages Vegetarian Sausages	Roast Pork Roast Quorn Fillet Served with Stuffing	Breaded Fish Fingers
Garlic Bread Seasonal vegetables	Roast Potatoes Carrots & Cabbage	Mashed Potatoes Baked Beans	Roast Potatoes Seasonal vegetables	Chips Baked Beans
Ice Cream Fresh fruit Yoghurts	Jelly with Fruit & Shortbread Fresh fruit Yoghurts	Bakewell Tart & Custard Fresh fruit Yoghurts	Fruit Salad Yoghurts	Flapjack Fresh Fruit Yoghurts
2,7	2,4,7	2,4,7,10	2,7	2,5,7

W/c 14 Jan, 4 Feb Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Ham Pasta Cheese & Tomato Pasta	Diced Beef Quorn Fillet Served with Yorkshire Pudding	Pizza	Beef Lasagne Vegetable Lasagne	Breaded Fish Fingers
Garlic Bread Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Potato Wedges	Mixed Salad	Chips Sweetcorn & Peas
Fresh fruit Salad Yoghurts	Lemon Muffin Fresh fruit Yoghurts	Jelly with Fruit & Shortbread Fresh fruit Yoghurts	Jam Tart & Custard Fresh fruit Yoghurts	Choc Ice Fresh Fruit Yoghurts
2,7	2,4,7	2,4	2,4,7	2,5,7

W/c 21 Jan, 11 Feb Allergens in the menu are listed below each day				
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in a tomato pasta sauce Quorn Meatballs in a tomato pasta sauce	Sliced Gammon Roast Quorn Fillet	Jacket Potato with a Variety of fillings	Chicken Pie Halal Chicken Pie Vegetable Pie	Breaded Fish Fingers
Garlic Bread Seasonal vegetables	Mashed Potatoes Seasonal Vegetables	Mixed Salad	Roast Potatoes Seasonal Vegetables	Chips Sweetcorn & Peas
Cookies Fresh fruit Yoghurts	Lemon Cake Fresh fruit Yoghurts	Fresh Fruit Salad Yoghurts	Chocolate Sponge Custard Fresh fruit Yoghurts	Cheese Cake Fresh Fruit Yoghurts
2,4,7	2,4,7	2,5,7	2,4,7	2,5,7

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.

2 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.

4 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.

6 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.

8 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.

10 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.

12 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.

14 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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