



W/c 24 Feb, 16 Mar, 20 Apr, 11 May, 8 & 29 June & 20 July
Allergens in the menu are listed below each day

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|-------------------------------------|--|--------------------------------------|-----------------------|
| Ham Pasta | Roast Chicken | Jacket Potato with a Variety of fillings | Cottage Pie | Salmon Fish Cakes |
| Cheese & Tomato Pasta | Roast Quorn With stuffing and gravy | | Quorn Cottage Pie | Quorn Dippers |
| Wholemeal Bread | Roast Potatoes | Mixed Salad | Broccoli & Carrots | Oven Chips |
| Seasonal Vegetables | Seasonal Vegetables | Cheesecake Fresh fruit Yoghurts | Ice Cream Fresh fruit Yoghurts | Peas |
| Carrot Cake Muffins | Fruit Crumble & Custard | | | Fresh Fruit Selection |
| Fresh Fruit | Fresh fruit | | | Yoghurts |
| Yoghurts | Yoghurts | | | |
| 2,4,7,9,13 | 2,4,7,13 | 2,4,5,7,13 | 2,4,7,13 | 2,4,5,7,13 |

W/c 2, 23 Mar, 27 Apr, 18 May, 15 June, 6 July **Allergens in the menu are listed below each day**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------|--------------------------|---------------------------------------|--------------------------|
| Jacket Potato with a Variety of fillings | Beef Lasagne | Chicken Pie | Roast Pork Loin With Stuffing & Gravy | Breaded Fish |
| Mixed Salad | Quorn Mince Lasagne | Mushroom & Vegetable Pie | Cauliflower Cheese Bake | Vegetable Fingers |
| | Wholemeal Bread | Seasonal Vegetables | Roast Potatoes | Oven Chips |
| Lemon Drizzle Cake | Jam Tart | Strawberry Mousse | Chocolate Chip Sponge | Fruit Jelly & Shortbread |
| Fresh fruit | Custard | Fresh Fruit | With Chocolate Custard | Fresh Fruit |
| Yoghurts | Fresh fruit | Yoghurts | Fresh fruit | Yoghurts |
| 2,4,7,9,13 | 2,4,5,7,13 | 2,4,7,13 | 2,4,7,9,13 | 2,5,7,13 |

W/c 9, 30 Mar, 4 May 1, 22, Jun, 13 July **Allergens in the menu are listed below each day**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--------------------------------|-------------------------|--|----------------------|
| Spaghetti Bolognese | Roast Beef | Cheese and Tomato Pizza | Cowboy Casserole (Pork sausage, beans & Mashed Potatoes) | Breaded Fish Fingers |
| Macaroni Cheese | Roast Quorn | | Quorn Cowboy Casserole | Mini Omelette |
| Wholemeal Bread | With Yorkshire Pudding & Gravy | Herby Diced Potatoes | Sweetcorn | Oven Chips |
| Seasonal vegetables | Roast Potatoes | Mixed Salad | Flapjack Fresh fruit Yoghurts | Mixed Vegetables |
| Jam Sponge with Custard | Cookie | Fresh fruit selection | | Fruit Salad |
| Fresh fruit | Fresh fruit | Yoghurts | | & Meringue Nests |
| Yoghurts | Yoghurts | 2,7,13 | 2,4,7,13 | Yoghurts |
| 2,4,7,9,13 | 2,4,7,13,14 | | | 2,4,5,7,13 |

Salad Bar—a variety of fresh salad is available on non roast dinner days. 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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