



W/c 4 Jan, 25 Jan, 22 Feb, 15 Mar

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	Mixed Salad	Quorn Cottage Pie	Quorn Dippers
Wholemeal Bread	Roast Potatoes	Cheesecake	Broccoli & Carrots	Oven Chips
Seasonal Vegetables	Seasonal Vegetables	Fresh fruit	Ice Cream	Peas
Muffins	Fruit Crumble & Custard	Fresh fruit	Fresh fruit	Fresh Fruit Selection
Fresh Fruit	Fresh fruit	Yoghurts	Yoghurts	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 11 Jan, 1 Feb, 1 Mar, 22 Mar

Allergens in the menu are listed below each day

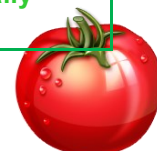
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with a Variety of fillings	Beef Lasagne	Chicken Pie	Roast Pork Loin With Stuffing & Gravy	Breaded Fish
Mixed Salad	Quorn Mince Lasagne	Mushroom & Vegetable Pie	Cauliflower Cheese Bake	Vegetable Fingers
Lemon Drizzle Cake	Wholemeal Bread	Seasonal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

W/c 18 Jan, 8 Feb, 3 Mar, 29 Mar

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	Herby Diced Potatoes	Quorn Cowboy Casserole	Mini Omelette
Wholemeal Bread	Yorkshire Pudding & Gravy	Mixed Salad	Sweetcorn	Oven Chips
Seasonal vegetables	Roast Potatoes	Fresh fruit selection	Flapjack	Mixed Vegetables
Jam Sponge with Custard	Cookie	Yoghurts	Fresh fruit	Fruit Salad
Fresh fruit	Fresh fruit	2,7,13	Yoghurts	& Meringue Nests
Yoghurts	Yoghurts		Yoghurts	Yoghurts
2,4,7,9,13	2,4,7,13,14		2,4,7,13	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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