

Millbrook Primary School Menu September to December 2021



W/c 2nd & 20th Sept; 11th Oct; 8th & 29th Nov **Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Chilli with Rice	Roast Chicken		Cowboy Casserole (Pork sausage, beans & Mashed Potatoes)	Jumbo Fish Fingers
Jacket Potatoes with Cheese, tuna or baked beans	Veggie Burger With stuffing and gravy	Cheese and Tomato Pizza	Macaroni Cheese	Quorn Dippers
Coleslaw Mixed Salad	Roast Potatoes Broccoli & Carrots	Potato Wedges Baked Beans	Seasonal Vegetables	Oven Chips Baked Beans
Crispy Cake Fresh fruit Yoghurts	Fruit Crumble & Custard Fresh fruit Yoghurts	Chocolate Sponge Chocolate Sauce Fresh fruit Yoghurts	Fresh fruit Selection Yoghurts	Iced Lemon Cupcake Yoghurts
2, 4, 5, 7	2, 4, 7	1, 2, 4, 7	2, 7, 14	2, 4, 5, 7, 9

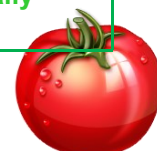
W/c 6th & 27th Sept; 18th Oct, 15th Nov; 6th Dec. **Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Ham Carbonara	Roast Gammon	Breaded Fish	Chicken Korma Curry	Hot Dogs in a bread roll
Cheese & Tomato Pasta Shapes Garlic Bread	Cauliflower Cheese Bake		Mushroom & Vegetable Korma Curry	Veggie Finger in a bread roll
Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Potato Wedges Peas and Carrots	Rice Naan Bread Seasonal Vegetables	With fried onions Oven Chips Baked Beans
Strawberry Mousse Fresh fruit Yoghurts	Cheesecake Fresh fruit Yoghurts	Flapjack Fresh fruit Yoghurts	Pineapple Upside Down Cake & Custard Fresh fruit Yoghurts	Fruit Jelly & Shortbread Fresh fruit Yoghurts
2, 4, 7, 9, 12	1, 2, 4, 7, 9	2, 4, 5, 7	2, 4, 7, 9	2, 7, 12, 14

W/c 13th Sept, 4th Oct, 1st, & 22nd Nov, 13th Dec **Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Lemon Chicken & Pea Risotto	Roast Chicken	Jacket Potatoes with Cheese, tuna or baked beans	Beef Lasagne	Breaded Fish Fingers
Macaroni Cheese	Veggie Burger With Stuffing & Gravy		Quorn Mince Lasagne	Quorn Dippers
Wholemeal Bread Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Coleslaw Mixed Salad	Garlic Bread Mixed Salad	Oven Chips Peas & Carrots
Sticky Toffee Pudding With custard Fresh fruit Yoghurts	Bakewell Tart with Custard Fresh fruit Yoghurts	Fresh fruit selection Yoghurts	Strawberry Mousse Fresh fruit Yoghurts	Cookie Surprise Fresh Fruit Selection Yoghurts
1, 2, 4, 7, 9, 14	2, 4, 7, 10, 14	4, 5, 7	1, 2, 4, 7, 9	2, 4, 5, 7, 13, 14

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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