




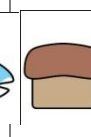
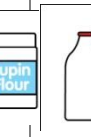


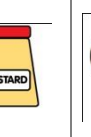



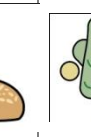
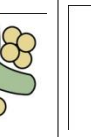


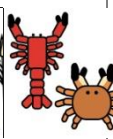
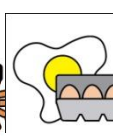
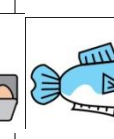
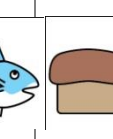



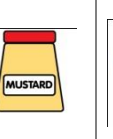

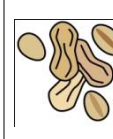

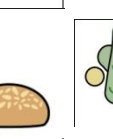
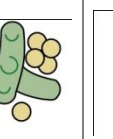


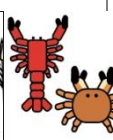
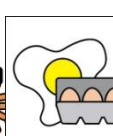
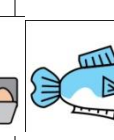
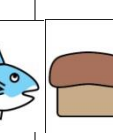
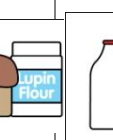

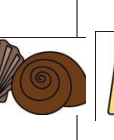
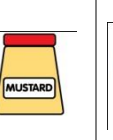

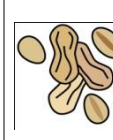

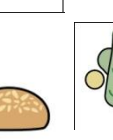
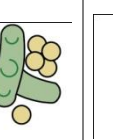

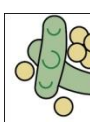


| DISHES                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|--|--|--|--|--|--|---|--|--|--|--|--|--|--|--|
| Main Menu Week 1           | Celery   | Cereals contains gluten  | Crustaceans  | Eggs   | Fish   | Lupin  | Milk  | Mollusc  | Mustard  | Nuts   | Peanuts  | Sesame seeds   | Soya   | Sulphur Dioxide  | Tomatoes   |
| Lincolnshire sausages      |  | ✓<br>✓   |  |  |  |  |   |  |  |  |  |  |  | ✓  | ✓  |
| Free From Sausages         |  |  |  |  |  |  |   |  |  |  |  |  | ✓  |  |  |
| Blueberry Mini Muffin      |  | ✓  |  | ✓  |  |  | ✓   |  |  |  |  |  |  |  |  |
| Roast Chicken Breast       |  |  |  |  |  |  |   |  |  |  |  |  |  | ✓  |  |
| Roast Potatoes             |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
| Farm House Vegetables      |  |  |  |  |  |  |   |  |  |  |  |  |  |  |  |
| Quorn Fillets              |  |  |  | ✓  |  |  |   |  |  |  |  |  |  |  |  |
| Vegetarian Gravy           |  | ✓  |  |  |  |  |   |  |  |  |  |  |  |  |  |
| Apple/Forest fruit Crumble |  | ✓  |  |  |  |  | ✓   |  |  |  |  |  |  |  |  |
| Baked Beans                |  |  |  |  |  |  |   |  |  |  |  |  |  |  | ✓  |
| Swedish Meatballs          |  | ✓  |  |  |  |  |   |  | ✓  |  |  |  |  | ✓  |  |
| Free From Meatballs        |  |  |  | ✓  |  |  |   |  |  |  |  |  | ✓  |  |  |



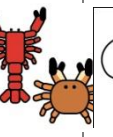
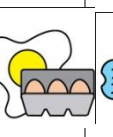
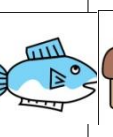
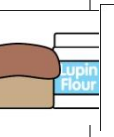

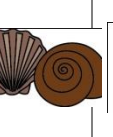
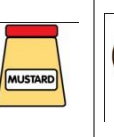
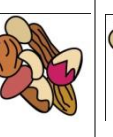
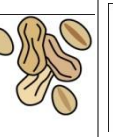

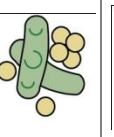



|                                   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |
|-----------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| <b>Tomato Gravy</b>               |   | ✓   |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |
| <b>DISHES</b>                     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>Main Menu Week 1 continued</b> | <b>Celery</b>   | <b>Cereals contains gluten</b>  | <b>Crustaceans</b>  | <b>Eggs</b>   | <b>Fish</b>   | <b>Lupin</b>  | <b>Milk</b>  | <b>Mollusc</b>  | <b>Mustard</b>  | <b>Nuts</b>   | <b>Peanuts</b>  | <b>Sesame seeds</b>   | <b>Soya</b>   | <b>Sulphur Dioxide</b>  | <b>Tomatoes</b>   |
| <b>Strawberry Angel Delight</b>   |   |   |   |   |   |   | ✓  |   |   |   |   |   |   |   |   |
| <b>Baked Battered haddock</b>     |   | ✓   |   |   | ✓   |   | ✓  |   |   |   |   |   |   |   |   |
| <b>Vegetable Spring Roll</b>      |   | ✓   |   | ✓   |   |   |  |   |   |   |   |   |   |   |   |
| <b>Chocolate Sponge</b>           |   | ✓   |   | ✓   |   |   | ✓  |   |   |   |   |   |   |   |   |
| <b>Chocolate Sauce</b>            |   |   |   |   |   |   | ✓  |   |   |   |   |   |   |   |   |
| <b>DISHES</b>                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Main Menu Week 2</b>           | <b>Celery</b>   | <b>Cereals contains gluten</b>  | <b>Crustaceans</b>  | <b>Eggs</b>   | <b>Fish</b>   | <b>Lupin</b>  | <b>Milk</b>  | <b>Mollusc</b>  | <b>Mustard</b>  | <b>Nuts</b>   | <b>Peanuts</b>  | <b>Sesame seeds</b>   | <b>Soya</b>   | <b>Sulphur Dioxide</b>  | <b>Tomatoes</b>   |
| <b>Sweet &amp; Sour Chicken</b>   | ✓   |   |   |   |   |   |  |   | ✓   |   |   |   |   | ✓   | ✓   |
| <b>Sweet Pepper Fajitas</b>       |   |   |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |





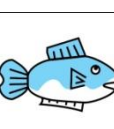

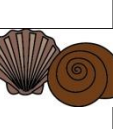




|                                   |  |   |  |   |   |  |   |   |  |  |  |   |   |   |  |
|-----------------------------------|--|---|--|---|---|--|---|---|--|--|--|---|---|---|--|
| <b>Tortilla Wraps</b>             |  | ✓ |  |   |   |  |   |   |  |  |  |   |   |   |  |
| <b>Chocolate Chip Mini Muffin</b> |  | ✓ |  | ✓ |   |  | ✓ |   |  |  |  |   |   |   |  |
| <b>Chilli con Carne</b>           |  |   |  |   |   |  |   | ✓ |  |  |  |   | ✓ | ✓ |  |
| <b>BBQ Baked beans</b>            |  |   |  |   |   |  |   |   |  |  |  |   |   | ✓ |  |
| <b>Iced Lemon Sponge</b>          |  | ✓ |  | ✓ |   |  | ✓ |   |  |  |  |   |   |   |  |
| <b>Roast Beef</b>                 |  |   |  |   |   |  |   |   |  |  |  |   | ✓ |   |  |
| <b>Yorkshire Pudding</b>          |  | ✓ |  | ✓ |   |  | ✓ |   |  |  |  |   |   |   |  |
| <b>Quorn Fillets</b>              |  |   |  | ✓ |   |  |   |   |  |  |  | ✓ |   |   |  |
| <b>Butterscotch Angel delight</b> |  |   |  |   |   |  | ✓ |   |  |  |  |   |   |   |  |
| <b>Breaded Chicken Goujons</b>    |  | ✓ |  | ✓ |   |  |   |   |  |  |  |   | ✓ |   |  |
| <b>Free From Tomato pasta</b>     |  |   |  |   |   |  |   |   |  |  |  |   |   | ✓ |  |
| <b>Vegetable Nugetts</b>          |  | ✓ |  | ✓ |   |  |   |   |  |  |  |   |   |   |  |
| <b>Cod Fish cakes</b>             |  | ✓ |  |   | ✓ |  |   |   |  |  |  |   |   |   |  |
| <b>Mashed Potato</b>              |  |   |  |   |   |  | ✓ |   |  |  |  |   |   |   |  |

|                  |  |   |  |   |  |  |   |  |  |  |  |  |  |  |   |
|------------------|--|---|--|---|--|--|---|--|--|--|--|--|--|--|---|
| Fromage Frais    |  |   |  |   |  |  | ✓ |  |  |  |  |  |  |  |   |
| Vegetable Samosa |  | ✓ |  | ✓ |  |  |   |  |  |  |  |  |  |  |   |
| Lumberjack Chips |  |   |  |   |  |  |   |  |  |  |  |  |  |  |   |
| Spaghetti Hoops  |  | ✓ |  |   |  |  |   |  |  |  |  |  |  |  | ✓ |
| Fromage Frais    |  |   |  |   |  |  | ✓ |  |  |  |  |  |  |  |   |

| DISHES                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Main Menu Week 3           | Celery   | Cereals contains gluten  | Crustaceans  | Eggs   | Fish   | Lupin  | Milk   | Mollusc  | Mustard  | Nuts   | Peanuts  | Sesame seeds   | Soya   | Sulphur Dioxide  | Tomatoes   | Coconut  |
| Mild Chicken Tikka Masala  |  |  |  |  |  |  |  |  | ✓  |  |  |  |  | ✓  | ✓  | ✓  |
| Mild Korma Vegetable Curry | ✓  |  |  |  |  |  | ✓  |  | ✓  |  |  |  |  |  |  | ✓  |
| Naan Bread                 |  | ✓  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Basmati Rice               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit Jelly (Vegetarian)   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cream                      |  |  |  |  |  |  | ✓  |  |  |  |  |  |  |  |  |  |
| Bolognese Pasta Bake       | ✓  | ✓  |  |  |  |  | ✓  |  | ✓  |  |  |  |  | ✓  | ✓  |  |
| Quorn Fillets              |  |  |  | ✓  |  |  |  |  |  |  |  |  | ✓  |  |  |  |
| Vegetarian Gravy           |  | ✓  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Potato               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberry Angel Delight   |  |  |  |  |  |  | ✓  |  |  |  |  |  |  |  |  |  |



| DISHES                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|--|--|--|--|--|--|---|--|--|--|--|--|--|--|--|--|
| Main Menu Week 4           | Celery   | Cereals contains gluten  | Crustaceans  | Eggs   | Fish   | Lupin  | Milk  | Mollusc  | Mustard  | Nuts   | Peanuts  | Sesame seeds   | Soya   | Sulphur Dioxide  | Tomatoes   | coconut  |
| Chicken Casserole          | ✓  |  |  |  |  |  |   |  | ✓  |  |  |  |  | ✓  |  |  |
| Vegetable Chow Mein        |  | ✓  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Mash Potato                |  |  |  |  |  |  | ✓   |  |  |  |  |  |  |  |  |  |
| Raspberry Ripple Ice Cream |  |  |  |  |  |  | ✓   |  |  |  |  |  |  |  |  |  |
| Baked Beans                |  |  |  |  |  |  |   |  |  |  |  |  |  |  | ✓  |  |
| Cheese                     |  |  |  |  |  |  | ✓   |  |  |  |  |  |  |  |  |  |
| Iced Sponge                |  | ✓  |  | ✓  |  |  | ✓   |  |  |  |  |  |  |  |  |  |
| Vegetarian Gravy           |  | ✓  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Honey Roast Ham            |  |  |  |  |  |  |   |  |  |  |  |  |  | ✓  |  |  |
| Quorn Fillets              |  |  |  | ✓  |  |  |   |  |  |  |  |  | ✓  |  |  |  |
| Mini Chocolate Muffin      |  | ✓  |  | ✓  |  |  | ✓   |  |  |  |  |  |  |  |  |  |

| DISHES                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------|--|--|--|--|--|---|--|--|--|--|--|--|--|--|--|
| Main Menu<br>Week 4<br>continued   | Celery   | Cereals<br>contains<br>gluten  | Crustaceans  | Eggs   | Fish   | Lupin   | Milk   | Mollusc  | Mustard  | Nuts   | Peanuts  | Sesame<br>seeds  | Soya   | Sulphur<br>Dioxide   | Tomatoes   |
| BBQ<br>Chicken                     |  | ✓  |  |  |  |   |  |  |  |  |  |  |  | ✓  |  |
| Free From<br>Tomato<br>Penne Pasta |  |  |  |  |  |   |  |  |  |  |  |  |  |  | ✓  |
| Potato Rosti                       |  | ✓  |  | ✓  |  |   |  |  |  |  |  |  |  |  |  |
| Rice Pudding                       |  |  |  |  |  |   | ✓  |  |  |  |  |  |  |  |  |
| Spaghetti<br>Hoops                 |  | ✓  |  |  |  |   |  |  |  |  |  |  |  |  | ✓  |
| Battered<br>Fish Bites             |  | ✓  |  |  | ✓  |   |  |  |  |  |  |  |  | ✓  |  |
| Cauliflower/<br>Broccoli<br>Cheese |  | ✓  |  |  |  |   | ✓  |  |  |  |  |  |  |  |  |
| Strawberry<br>Mousse               |  |  |  |  |  |   | ✓  |  |  |  |  |  |  |  |  |



| DISHES                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Main Menu Week6                | Celery   | Cereals containing gluten  | Crustaceans  | Eggs   | Fish   | Lupin  | Milk   | Mollusc  | Mustard  | Nuts   | Peanuts  | Sesame seeds   | Soya   | Sulphur Dioxide  | Tomatoes   |
| Sausage & Boston Beans         |  | ✓  |  |  |  |  |  |  |  |  |  |  |  | ✓  | ✓  |
| Free From Sausage Boston Beans |  |  |  |  |  |  |  |  |  |  |  |  | ✓  |  | ✓  |
| Creamed Potatoes               |  |  |  |  |  |  | ✓  |  |  |  |  |  |  |  |  |
| Fruit Jelly (Vegetarian)       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Bolognese Pasta           | ✓  | ✓  |  | ✓  |  |  |  |  |  |  |  |  |  | ✓  | ✓  |
| Free From Tomato Pasta         |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓  |
| Garlic Bread                   |  | ✓  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Fillets                  |  |  |  | ✓  |  |  |  |  |  |  |  |  | ✓  |  |  |
| Vegetarian Gravy               |  | ✓  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Butterscotch Angel Delight     |  |  |  |  |  |  | ✓  |  |  |  |  |  |  |  |  |
| Pork Loin                      |  |  |  |  |  |  |  |  |  |  |  |  |  | ✓  |  |



|  |  |   |  |   |  |  |   |  |  |  |  |  |  |  |   |  |
|--|--|---|--|---|--|--|---|--|--|--|--|--|--|--|---|--|
| <b>Chickpea &amp; Vegetable Samosa</b> |  | ✓ |  | ✓ |  |  |   |  |  |  |  |  |  |  |   |  |
| <b>Baked Beans</b>                     |  | ✓ |  |   |  |  |   |  |  |  |  |  |  |  | ✓ |  |
| <b>Lemon zest Cheese Cake</b>          |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |   |  |

**Reviewed by:**

Marc Maslin

Review date: January 2020



You can find this template, including more information at [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)

