

Week 1 and Week 4

Week 1 w/c 19 February AND Week 4 – w/c 12 March

Monday 19 Feb & 12 March

All day breakfast
Or
 Quorn & Vegetable Bolognaise with wholemeal spaghetti (V)
 with
 Sweetcorn or Green Beans
 Vanilla sponge with Custard (V)

Tuesday 20 Feb & 13 March

Chicken Curry
Or
 Chimmichanga (V)
 with
 Steamed Rice, Carrots and cauliflower
 Chocolate Sponge pudding with Chocolate Custard (V)

Wednesday 21 Feb & 14 March

Roast Chicken with Stuffing
Or
 Macaroni Cheese (V)
 with
 Roast Potatoes, Farmhouse Vegetables
 Fruit in Jelly (V)

Thursday 22 Feb & 15 March

Jacket potato
 Selection of fillings
 Cherry Shortbread (V)
Or
 Fresh Fruit Salad (V)

Friday 23 Feb & 16 March

Battered Fish
Or
 Vegetable Pizza (V)
 with
 Thick Cut Chips, Garden Peas, Baked Beans
 Fruit Flapjack (V)

Allergens

- Monday – 1,4,6,7,13
- Tuesday – 1,2,4,6,7
- Wednesday – 1,2,4,6,7
- Thursday – 1,4,5,7,2,6
- Friday – 1,3,4,5,6,7

Term 4

Week 2 and Week 5

Week 2 w/c 26 February AND Week 5 – w/c 19 March

Monday 26 Feb & 19 March

Hot Dog
 Served in a Warm Bun
 Or
 Quorn Hot Dog (V)
 with
 Steamed Peas, Potato Wedges
 Orange Sponge Pudding with Custard (V)

Tuesday 27 Feb & 20 March

Chicken & Vegetable Puff topped Pie
 Or
 Pasta Italian (V)
 with
 Minted New Potatoes, Swede, Turnip and Green Beans
 Fruit in Jelly (V)

Wednesday 28 Feb & 21 March

Home Cooked Ham
 Or
 Vegetable & Bean Turnover (V)
 with
 Roast Potatoes, Broccoli, Carrots
 Fresh fruit with natural yoghurt

Thursday 22 March (look out for a separate menu being sent soon for 1st March!)

Jacket potato
 Selection of fillings
 Pineapple Upside-Down Pudding Served with Custard (V)

Friday 2 March (look out for a separate menu being sent soon for 23rd March!)

Bread Crumbed Fillet of Fish
 Or
 Cheese & Tomato Pizza (V)
 with
 Thick Cut Chips, Beans, Garden Peas
 Homemade Cookie (V)

Allergens

- Monday – 1,2,4,6,7,1
- Tuesday – 1,2,4,6,7
- Wednesday – 1,2,4,6,7
- Thursday – 1,4,5,7,2,6
- Friday – 1,3,4,5,6,7

Week 3 and Week 6

Week 3 w/c 5 March AND Week 6 – w/c 26 March

Monday 5 March & 26 March

Cottage Pie
Or
Shepherdess Pie (V)

with
Steamed Green Beans
Steamed Sweetcorn

Syrup Sponge Pudding with Custard (V)

Tuesday 6 March & 27 March

Homemade Beef Burger
Or
Vegetable Burger (V)

with
Homemade Ketchup (V), BBQ Baked
Beans, Herby Diced Potatoes

Banana & Honey Muffin
Served with Custard (V)

Wednesday 7 March & 28 March

Roast Chicken with Stuffing and Gravy
Or
Cheese & Onion Quiche (V)

with
Roast Potatoes, Steamed Carrots &
Broccoli

Carrot Cake (V)

Thursday 8 March & 29 March

Jacket potato
Selection of fillings

Lemon Cheesecake (V)
Or

Fresh Fruit Salad (V)

Friday 9 March

Fish Fingers
Or
Cheese & Tomato Pizza (V)

with
Thick Cut Chips, Baked Beans, Garden
Peas

Chocolate Shortbread Cookie (V)

Allergens

- Monday – 1,2,4,6,7
- Tuesday – 1,2,4,6,7
- Wednesday – 1,2,4,6,7
- Thursday – 1,2,4,5,6,7
- Friday – 1,3,4,5,6,7


Lots of parents like to keep a copy of their child(rens) menu to enable them to keep track of the meals they have ordered, so please feel free to keep this menu for your reference!

Simply make your choices from the menu, and tick the corresponding meat or vegetarian option for each day on the attached order form, and return that form to the office. Don't forget your child's name and class!

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Allergens

Coming to a food label near you



Food Standards Agency
food.gov.uk

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 Khazaran 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

Sign up to our allergy alerts on food.gov.uk/email, or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and Facebook

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