

What's in your food?	Menu Picture	What's in your food?	Menu Picture
<p>Cereals Containing Wheat</p> <p>Wheat, rye, barley and oats are often found in foods containing flour.</p>		<p>Milk</p> <p>Milk is found in dairy products and often found in soups and sauces.</p>	
<p>Crustaceans</p> <p>This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads</p>		<p>Nuts</p> <p>Nuts refers to those grown on trees but not peanuts which are grown underground.</p>	
<p>Eggs</p> <p>Eggs are found in cakes, mayonnaise, pasta, quiche, sauces and pastries.</p>		<p>Celery</p> <p>This can be found in celery salt, salads, meat products, soups, stock cubes.</p>	
<p>Fish</p> <p>You may find fish sauces in pizzas, relishes, salad dressings, stock cubes and Worcestershire Sauce.</p>		<p>Mustard</p> <p>This is used in breads, curries, marinades, meat products, salad dressings sauces and soups.</p>	
<p>Peanuts</p> <p>Found in biscuits, cakes, curries, desserts, ground nut oil, peanut flour & sauces such as satay.</p>		<p>Sesame</p> <p>These are found in bread products, houmous, sesame oil and tahini.</p>	
<p>Soya</p> <p>Soya is a staple ingredient in Oriental food. It can be found in desserts, meat and vegetarian products and sauces.</p>		<p>Sulphur Dioxide</p> <p>This is used in soft drinks and packaging of dried fruit and vegetables. Asthmatics have a higher risk of an allergy.</p>	
<p>Lupin</p> <p>Lupin is sometimes found in flour, bread pastries and pasta.</p>		<p>Molluscs</p> <p>Includes mussels, snails, squid, whelks and can be found in oyster sauce.</p>	

Week 1 Monday	What's on...		Looks like...	
Meat Option	Turkey Burger			
				
Vegetarian Option	Vegetable Burger ①			
	Please speak to the cook			
Jacket Potato			 Salmon & Tomato	
			 Coleslaw	
			 Grated Cheese	
			 Tuna & Sweetcorn	
Vegetables	Peas ① Salad ①			
Carbs	Potato Wedges			
Sweet 1	Danish Swirl with Custard ①		  	
Sweet 2	Homemade Yogurt with Fruit Topping			
Sweet 3	Cheese & Biscuits		 	
Sweet 4	Fresh Fruit ①			

Week 1 Tuesday	What's on...		Looks like...
Meat Option	Speckled Beef Stew		
			
Vegetarian Option	Vegetable Flan ①		
			
Jacket Potato			 Salmon & Tomato
			 Coleslaw
			 Grated Cheese
			 Tuna & Sweetcorn
Vegetables	Cabbage ① Sweetcorn ①		
Carbs	Mashed Potatoes	 	
Sweet 1	Cherry Muffin ①		
Sweet 2	Homemade Yogurt with Fruit Topping		
Sweet 3	Cheese & Biscuits		
Sweet 4	Fresh Fruit ①		

Week 1 Wednesday	What's on...		Looks like...
Meat Option	Roast Chicken & Stuffing		
			
Vegetarian Option	Mushroom & Cheese Risotto ①		
	  		
Jacket Potato		 Salmon & Tomato	
		 Coleslaw	
		 Grated Cheese	
		  Tuna & Sweetcorn	
Vegetables	Broccoli ①		
	Carrots ①		
Carbs	Roast Potatoes		
Sweet 1	Chocolate Crunch with Custard ①	 	
Sweet 2	Homemade Yogurt with Fruit Topping		
Sweet 3	Cheese & Biscuits	 	
Sweet 4	Fresh Fruit ①		

Week 1 Thursday	What's on...		Looks like...	
Meat Option	Curried Lamb Meatballs			
				
Vegetarian Option	Klitharaki ①			
	Please speak to the cook			
Jacket Potato				Salmon & Tomato
				Coleslaw
				Grated Cheese
				Tuna & Sweetcorn
Vegetables	Green Beans ① Salad ①			
Carbs	Pasta Pizza Potato	 		
Sweet 1	Sticky Ginger Cake with Vanilla Sauce ①			
Sweet 2	Homemade Yogurt with Fruit Topping			
Sweet 3	Cheese & Biscuits			
Sweet 4	Fresh Fruit ①			

Week 1 Friday	What's on...		Looks like...
Meat Option	Battered Fish		
	 		
Vegetarian Option	Lentil & Vegetable En Crouete ①		
			
Jacket Potato			Salmon & Tomato
			Coleslaw
			Grated Cheese
		 	Tuna & Sweetcorn
Vegetables	Peas ①		
	Baked Beans ①		
Carbs	Chips		
Sweet 1	Blackcurrant Jelly & Ice Cream		 
Sweet 2	Homemade Yogurt with Fruit Topping		 
Sweet 3	Cheese & Biscuits		  
Sweet 4	Fresh Fruit ①		