

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 2 Monday	What's on...		Looks like...	
Meat Option	Chicken Sausage			
				
Vegetarian Option	Roasted Vegetable Filled Pitta ①			
				
Jacket Potato			 Salmon & Tomato	
			 Coleslaw	
			 Grated Cheese	
			  Tuna & Sweetcorn	
Vegetables	Baked Beans ① Salad ①			
Carbs	Mashed Potatoes	 		
Sweet 1	Chocolate Milkshake & Cookie ①		 	
Sweet 2	Homemade Yogurt with Fruit Topping			
Sweet 3	Cheese & Biscuits		 	
Sweet 4	Fresh Fruit ①			

Week 2 Tuesday	What's on...		Looks like...
Meat Option	Turkey & Sweet Potato Bake		
			
Vegetarian Option	Winter Vegetable Cobbler ②		
			
Jacket Potato			 Salmon & Tomato
			 Coleslaw
			 Grated Cheese
			 Tuna & Sweetcorn
Vegetables	Broccoli ①		
Carbs	Sweet Potato Dumplings	 	 
Sweet 1	Pear Crumble with Custard ①		 
Sweet 2	Homemade Yogurt with Fruit Topping		 
Sweet 3	Cheese & Biscuits		 
Sweet 4	Fresh Fruit ①		

Week 2 Wednesday	What's on...		Looks like...	
Meat Option	Roast Beef & Yorkshire Pudding			
				
Vegetarian Option	Leek & Mushroom Tagliatelle ①			
				
Jacket Potato			 Salmon & Tomato	
			 Coleslaw	
			 Grated Cheese	
			 Tuna & Sweetcorn	
Vegetables	Cauliflower ① Salad ①			
Carbs	Roast Potatoes			
Sweet 1	Arctic Roll			
Sweet 2	Homemade Yogurt with Fruit Topping			
Sweet 3	Cheese & Biscuits			
Sweet 4	Fresh Fruit ①			

Week 2 Thursday	What's on...		Looks like...	
Meat Option	Chicken & Spinach Noodle			
				
Vegetarian Option	Lentil Ragu ②			
				
Jacket Potato			 Salmon & Tomato	
			 Coleslaw	
			 Grated Cheese	
			 Tuna & Sweetcorn	
Vegetables	Carrots ① Green Beans ①			
Carbs	Noodles	 		
Sweet 1	Chocolate Cake with Custard ①			
Sweet 2	Homemade Yogurt with Fruit Topping			
Sweet 3	Cheese & Biscuits			
Sweet 4	Fresh Fruit ①			

Week 2 Friday	What's on...		Looks like...	
Meat Option	Battered Fish			
	 			
Vegetarian Option	Mixed Bean Taco			
				
Jacket Potato			 Salmon & Tomato	
			 Coleslaw	
			 Grated Cheese	
			  Tuna & Sweetcorn	
Vegetables	Peas or Beans ① Salad ①			
Carbs	Chips			
Sweet 1	Iced Lemon Finger		 	
Sweet 2	Homemade Yogurt with Fruit Topping			
Sweet 3	Cheese & Biscuits		 	
Sweet 4	Fresh Fruit ①			