

Week 1 Week Begins: 29 October, 19 November, 10 December, 14 January, 4 & 25 February & 18 March	
Mon	Butchers Pork Sausages Linda McCartney Sausage Freshly Prepared Tomato Pasta <i>with Mashed Potatoes Baked Beans Mixed Vegetables</i> Seasonal Fruit Crumble & Custard
Tues	Tuna Mayonnaise Sandwiches <i>with Salad Bar Accompaniments</i> Freshly Made Beef Lasagne Freshly Prepared Vegetable Frittata <i>with Garlic Bread Carrots Broccoli</i> Chocolate Saucy Sponge & Custard
Wed	Gluten Free Breaded BBQ Fish Goujon Spicy Chicken Fajitas Creamy Cauliflower Cheese <i>with Boiled Potatoes Peas Beetroot</i> Lentil Soup
Thur	Freshly Made Chicken Korma Jacket Potato with Baked Beans Tasty Singapore Noodles <i>with Rice Sweetcorn</i>
Fri	 Egg Mayonnaise Sandwiches <i>with Salad Bar Accompaniments</i> Stuffed Crust Cheese & Tomato Pizza Freshly Prepared Vegetable Risotto <i>with Potato Wedges Coleslaw Green Beans</i> Oat Cookie

Primary School Menu Winter 2018

Menu choices may change at short notice

QMS
We use locally grown produce where possible



Please note on the days where puddings are not allocated children can choose from the Everyday Options available.

Packed lunches for school trips are available to order

Week 2 Week Begins: 5 & 26 November, 17 December, 21 January, 11 February, 4 & 25 March	
Mon	Freshly Made Macaroni Cheese Tasty Chicken Curry Gluten Free Breaded Lemon Sole Bites <i>with Rice Spaghetti Hoops Peas Sweetcorn</i> Custard with Pineapple
Tues	Cheese Panini Freshly Made Chilli Vegetable Stir-fry <i>with Savoury Rice Coleslaw Carrot/Cauliflower/Broccoli Mix</i> Sticky Toffee Pudding & Vanilla Sauce
Wed	Ham Sandwiches <i>with Salad Bar Accompaniments</i> Red Tractor Roast Chicken with Mealie Freshly Made Quorn Toad in the Hole <i>with Roast Potatoes Brussels Sprouts Baked Beans</i> Sweet Potato & Butternut Squash Soup
Thur	Tuna Mayonnaise Sandwiches <i>with Salad Bar Accompaniments</i> Freshly Made Steak Pie 4 Cheese Ravioli with Tomato Sauce <i>with Mashed Potatoes Carrots Sweetcorn</i> Jelly Jewels with Fruit
Fri	Crispy Battered Cod Fillet Traditional Beef Stovies Freshly Made Herbie Spaghetti <i>with Chips Peas Beetroot</i>

OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL										
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri						
1	2	3	4	5				1	2						HOLIDAY									1												HOLIDAY				
8	9	10	11	12	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	15	16	17	18	19	22	23	24	25	26	
HOLIDAY					12	13	14	15	HOL	10	11	12	13	14	14	15	16	17	18	Midterm HOL	In-Service Days	14	15	11	12	13	14	15	15	16	17	18	19	22	23	24	25	26		
29	30	31			26	27	28	29	30	HOLIDAY					28	29	30	31	25	26	27	28	25	26	27	28	29	29	30	31										

Week 3 Week Begins: 12 November, 3 December, 7 & 28 January, 18 February & 11 March	
Mon	Cheddar Cheese Sandwiches <i>with Salad Bar Accompaniments</i> Traditional Mince with Yorkshire Pudding Chicken & Sweetcorn Pasta <i>with Mashed Potatoes Turnip Peas</i> Jam Shortcake & Custard
Tues	Organic Pork Meatballs in BBQ Sauce Freshly Prepared Steak Casserole Vegetarian Shepherd's Pie <i>with Pasta Boiled Potatoes Carrots, Cauliflower & Broccoli Mix</i>
Wed	Egg Mayonnaise Sandwiches <i>with Salad Bar Accompaniments</i> Gluten Free Salmon Fish Fingers Oriental Chicken Noodles <i>with Potato Slices Baked Beans Sweetcorn Cobettes</i> Tomato & Basil Soup
Thur	Freshly Made Chicken Pie Tasty Garlic Beef Pitta Vegetable Nuggets <i>with Baby Boiled Potatoes Carrots Coleslaw</i> Carrot Cake
Fri	British Crispy Crumb Turkey Burger Crispy Crumbed Vegetable Burger Jacket Potato with Tuna Mayonnaise <i>with Spaghetti Hoops Beetroot Sweetcorn</i> Seasonal Fruit Cheesecake

Every day:

- Free Bread**
- Salad Bowl**
- *Options:**
 - Yoghurt & Fresh Fruit**
 - or**
 - Glass of Milk or Water**
 - or**
 - Cheese & Biscuits**

**Alternatives to puddings*

14 Allergens

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced 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
 Sign up to our allergy alerts on food.gov.uk/allergy-alerts or follow #AllergyAlert on Twitter & Facebook
 Let's keep connected at food.gov.uk/facebook
 Join our conversation @[foodgov](https://twitter.com/foodgov) Watch us on food.gov.uk/youtube