

Week 1		Week Begins: 24 August, 14 September, 5 October	
Mon	<ul style="list-style-type: none"> Butchers Pork Sausages ✓ Linda McCartney Sausage ✓ Tomato Pasta Mashed Potatoes Baked Beans Mixed Vegetables	Seasonal Fruit Crumble and Custard	
Tues	<ul style="list-style-type: none"> Tuna Mayonnaise Sandwiches Beef Lasagne ✓ Jacket Potato with Baked Beans Garlic Bread Broccoli Carrots	Chocolate Saucy Sponge and Custard	
Wed	<ul style="list-style-type: none"> Gluten Free Bubble Fish Fillet Chicken Fajitas ✓ Cauliflower Cheese Boiled Potatoes Peas Beetroot		
Thur	<ul style="list-style-type: none"> Egg Mayonnaise Sandwiches Chicken Korma ✓ Singapore Noodles Rice Sweetcorn Broccoli & Cauliflower	Lentil Soup	
Fri	<ul style="list-style-type: none"> ✓ Stuffed Crust Cheese and Tomato Pizza ✓ Vegetable Risotto Potato Wedges Coleslaw Green Beans	Oat Cookie	

Primary School Menu Autumn 2020

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: 31 August, 21 September	
Mon	<ul style="list-style-type: none"> ✓ Macaroni Cheese Chilli Rice Peas Sweetcorn	Angel Whirl	
Tues	<ul style="list-style-type: none"> Ham Sandwiches Roast Chicken with Mealie ✓ Quorn Toad in the Hole Roast Potatoes Diced Mixed Vegetables Baked Beans	Yellow Pea Soup	
Wed	<ul style="list-style-type: none"> ✓ Cheese Panini Chicken Curry Rice Coleslaw Carrot/Cauliflower/Broccoli		
Thur	<ul style="list-style-type: none"> Tuna Mayonnaise Sandwiches Freshly Made Steak Pie ✓ 4 Cheese Ravioli with Tomato Sauce Mashed Potatoes Carrots Sweetcorn	Custard with Fruit	
Fri	<ul style="list-style-type: none"> Crispy Battered Cod Fillet ✓ Herbie Spaghetti Chips Peas Beetroot	Iced Sponge and Custard	

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY									
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	Mon	Tue	Wed	Thu	Fri
					1	2	3	4					1	2	2	3	4	5	6		1	2	3	4					1	1	2	3	4	5					
HOLIDAY					7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	4	5	6	7	8	8	9	10	11	12					
					14	15	16	17	18	HOLIDAY					16	17	18	19	20	14	15	16	17	18	11	12	13	14	15	15	16	17	18	19					
24	25	26	27	28	21	22	23	24	HOL						23	24	25	26	27	21	22	23	24	25	18	19	20	21	22	22	23	24	25	26					
31					HOL	29	30			26	27	28	29	30	30					28	29	30	31		25	26	27	28	29										

Week 3		Week Begins: 7 September, 28 September	
Mon	<ul style="list-style-type: none"> Organic Pork Meatballs with Gravy ✓ Korma Pasta Mashed Potatoes Carrots Peas	Rice Pudding with Pears	
Tues	<ul style="list-style-type: none"> ✓ Cheese Sandwiches Chicken Pie ✓ Vegetable Nuggets Potato Croquettes Green Beans Coleslaw	Tomato Soup	
Wed	<ul style="list-style-type: none"> Gluten Free Salmon Fish Fingers Oriental Chicken Noodles ✓ Jacket Potato with Cheese Spaghetti Hoops Broccoli Sweetcorn		
Thur	<ul style="list-style-type: none"> Tuna Mayonnaise Sandwiches Traditional Mince with Yorkshire Pudding ✓ Broccoli Cheese Mashed Potatoes Turnip Peas	Carrot Cake	
Fri	<ul style="list-style-type: none"> Turkey Burger ✓ Vegetable Burger Stovies Pasta Salad Beetroot Baked Beans	Seasonal Fruit Cheesecake	

Every day:

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

- 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.
- 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.
- 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.
- Eggs:** Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- Fish:** You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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 @foodgovWatch us on food.gov.uk/youtube