Week 1

Week Begins: 17 April, 8 & 29 May, 19 June, 21 August, 11 September and 2 October

Monday

Cod and Salmon Fishcake *(Gluten/Fish)*
(Vegetarian) **Broccoli Bake** *(Milk/Sulphur Dioxide)*
Mashed Potatoes | Baked Beans | Diced Mixed Vegetables
Fresh Fruit Platter

TEA MENU – Tuna Mayonnaise Sandwiches *(Gluten/Egg/Fish/Milk/Mustard/Soya)*
Or *(Vegetarian)* **Cheese Sandwiches** *(Gluten/Milk/Soya)*

Tuesday

Turkey Sandwiches *(Gluten/Milk/Soya)*
*(Vegetarian)***Tomato Pasta** *(Gluten)*
Potato Croquettes | Sweetcorn | Coleslaw
Fresh Fruit Platter

TEA MENU – *(Vegetarian)* **Baked Beans on Toast** *(Gluten/ soya))*

Wednesday

*(Vegetarian)***Quorn Chicken Free Sandwiches** *(Gluten/Milk/Soya)*
*(Vegetarian)***Macaroni Cheese** *(Gluten/Milk)*
Garlic Bread | Grated Carrots
Fresh Fruit Platter

Meat Free Day

TEA MENU –*(Vegetarian)* **Lentil Soup with Crusty Bread** *(Celery/Gluten)*

Thursday

Ham Roll *(Gluten/Egg/Milk/Sesame/Soya)*
(Vegetarian) **Quorn Chilli Wedge Bake** *(Celery/Gluten/Egg)*
Spaghetti Hoops | Green Beans | Coleslaw
Seasonal Fresh Fruit Salad with Natural Yoghurt *(Milk)*

TEA MENU – *(Vegetarian)* **Spaghetti Hopps on Toast** *(Gluten/Soya)*

Friday

Chicken Mayonnaise Wrap *(Gluten/Egg/Milk/Mustard)*
(Vegetarian) **Vegetable Risotto** *(Celery)*
Crusty Bread | Peas | Baby Carrots
Fresh Fruit Platter

Tea Menu – *(Vegetarian)* **Pizza Fingers** *(Gluten/Milk)*

Week 2

Week Begins: 24 April, 15 May, 5 & 26 June, 28 August, 18 September and 9 October

Monday

Turkey Sandwiches *(Gluten/Milk/Soya)*
(Vegetarian) **Vegetable Curry** *(Celery/Mustard)*
Rice | Mashed Potatoes | Peas | Broccoli
Fresh Fruit Platter

TEA MENU – Sliced Chicken Sandwiches *(Gluten/Milk/Soya)*
Or *(Vegetarian)* **Cheese** *(Sandwiches Gluten/Milk/Soya)*

Tuesday

Gluten Free Salmon Fish Finger *(Fish)*
(Vegetarian) **Sweetcorn and Pepper Quiche** *(Gluten/Egg/Milk)*
Potatoes | Baked Beans | Coleslaw
Fresh Fruit Platter

TEA MENU – *(Vegetarian)* **Lentil Soup with Crusty Bread** *(Celery/Gluten)*

Wednesday

Tuna Mayonnaise Sandwiches *(Gluten/Egg/Fish/Milk/Mustard/Soya)*
(Vegetarian) **Baked Potato with Cheese** *(Milk)*
Savoury Rice | Carrots | Cucumber
Fresh Fruit Platter

TEA MENU – *(Vegetarian)* **Baked Beans on Toast** *(Gluten/Soya)*

Thursday

(Vegetarian) **Savoury Cheese Wrap** *(Gluten/Egg/Milk/Mustard)*
Gluten Free Pork Meatballs in Gravy *(Soya /Sulphur Dioxide)*
Pasta Twists | Diced Mixed Vegetables | Grated Carrots
Seasonal Fresh Fruit Salad with Natural Yoghurt *(Milk)*

TEA MENU – *(Vegetarian)* **Vegan Sausage Roll** *(Gluten)*

Friday

(Vegetarian) **Egg Mayonnaise Roll** *(Gluten/Egg/Milk/Mustard/Sesame/Soya)*
(Vegetarian) **Cheese and Tomato Pizza** *(Gluten/Milk)*
Garlic Bread | Sweetcorn | Green Beans
Fresh Fruit Platter

Meat Free Day

TEA MENU – *(Vegetarian)* **Pasta Salad** *(Gluten/Egg/Milk/Mustard)*

APRIL					MAY					JUNE					JULY					AUGUST					SEPTEMBER					OCTOBER				
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
					HOL	In-Service Day	3	4	5				1	2	3	4	5	6	7	HOLIDAYS									1	2	3	4	5	6
HOLIDAYS					HOL	9	10	11	12	5	6	7	8	9	HOLIDAYS										4	5	6	7	8	9	10	11	12	13
					15	16	17	18	19	12	13	14	15	16											11	12	13	14	15	HOLIDAYS				
17	18	19	20	21	22	23	24	25	26	19	20	21	22	23						In-Service Day	22	23	24	25	18	19	20	21	HOL					
24	25	26	27	28	29	30	31			26	27	28	29	30						28	29	30	31		HOL	26	27	28	29					

Week 3

Week Begins: 1 & 22 May, 12 June, 3 July, 4 & 25 September

Monday

Turkey Roll *(Gluten/Egg/Milk/Sesame/Soya)*
(Vegetarian) **Herbie Spaghetti** *(Gluten)*
Chips | Peas | Coleslaw
Fresh Fruit Platter

TEA MENU – *(Vegetarian)* **Cheese on Toast** *(Gluten/Milk/Soya)*

Tuesday

(Vegetarian) **Cheese Sandwiches** *(Gluten/Milk/Soya)*
*(Vegetarian)***Vegan Sausage Roll** *(Gluten)*
Mashed Potatoes | Sweetcorn | Baked Beans
Fresh Fruit Platter

Meat Free Day

TEA MENU – Tuna Mayonnaise Wrap *(Gluten/Egg/Fish/Milk/Mustard)*
Or *(Vegetarian)* **Carrot and Hummus Pitta** *(Gluten/Milk/Soya)*

Wednesday

Ham Sandwiches *(Gluten/Milk/Soya)*
(Vegetarian) **Quorn Burrito** *(Gluten/Egg/Milk)*
Rice | Diced Mixed Vegetables | Sweetcorn
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Lentil Soup with Crusty Bread** *(Celery/Gluten)*

Thursday

(Vegetarian) **Egg Mayonnaise Wrap** *(Gluten/Egg/Milk/Mustard)*
Roast Chicken with Mealie *(Gluten)*
Roast Potatoes | Brussels Sprouts
Seasonal Fresh Fruit Salad with Natural Yoghurt *(Milk)*

TEA MENU – *(Vegetarian)* **Tomato Pasta** *(Gluten)*

Friday

Salmon Nuggets *(Gluten/Fish)*
(Vegetarian) **Singapore Noodles** *(Gluten/Egg/Sesame/Soya)*
Potato Wedges | Baked Beans | Broccoli
Fresh Fruit Platter

TEA MENU – Chicken and Sweetcorn Roll *(Gluten/Egg/Milk/Mustard/Sesame/Soya)*
Or *(Vegetarian)* **Cheese Roll** *(Gluten/Egg/Milk/Sesame/Soya)*

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: Foodstandards.gov.scot/consumers/food-safety/food-allergies or nhsinform.scot/illnesses-and-conditions/nutritional/food-allergy
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