

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hawaiian Pizza (Wholegrain)	Mild Chicken Curry	Roast Pork, Apple Sauce & Gravy	Beef Bolognese	Fish Fingers
	Margherita Pizza (Wholegrain)	Veggie Curry	Roast Quorn Fillet	Quorn Bolognese	Vegetarian Goujons
	½ Jacket Potato	Vegetable Rice (50/50)	Roast Potatoes	Spaghetti	Chips
	Baked Beans	Cucumber & Tomato salad	Carrots	Broccoli	Baked Beans
	Mixed Salad	Sweetcorn	Cabbage	Peas	Sweetcorn
	Fruit Crumble with Custard	Chocolate Brownie	Fresh Fruit Wedges	Carrot Cake	Apricot Cookie
Week 2	Sausages & Gravy	Creamy Garlic Chicken	Roast Chicken Fillet with Stuffing & Gravy	BBQ Pork and Beans	Battered Cod or Salmon Fish Cakes
	Quorn Sausage	Mediterranean Calzone	Roast Quorn Fillet	Chickpea & Butternut Squash Curry	Veggie Nuggets
	Mashed Potato	Tricolour Pasta	Roasted Potatoes	Rice (50/50)	Chips
	Sweetcorn	Italian Mixed Salad	Swede	Carrots	Baked Beans
	Carrots	Broccoli	Peas	Cauliflower	Peas
	Fruit Roll Puff with Custard	Shortbread	Fruit & Ice cream	Sticky Toffee Pudding with Cream	Banana & Apple Sponge
Week 3	Chicken Neapolitan Pasta Bake (Wholegrain)	Beef Burger in a Bap	Roast Gammon with Apple Sauce & Gravy	Minced Lamb with Mash Potato	Cod Goujons
	Vegetarian Hot Pot	Vegetable Pasta Bake	Quorn Roast Fillet	Mac n Cheese	Veggie Curried Pasty
		Jacket Potato Wedges	Roast Potatoes		Chips
	Crudités	Tri Colour Salad	Broccoli	Sweetcorn	Baked beans
	Green Beans & Peas	Baked Beans	Carrots	Cabbage	Peas
	Peaches with with Chocolate Sauce	Fresh Fruit Pots	Daily Biscuit Choice & Milk	Fruit Jelly	Ice Cream

**Freshly Baked Bread, Filled Jacket Potatoes, Salad, Fresh Fruit and Yogurts are available daily**

Allergen Matrix Week 1



Week 1 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Hawaiian Pizza- Wholegrain														
Margherita Pizza- Wholegrain														
1/2 Jacket Potato														
Baked beans														
Mixed Salad														
Fruit Crumble														
Custard														
Yoghurt														
Fruit														
Week 1 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Mild Chicken Curry														
Vegetarian Tagine (Veggie Curry)														
Vegetable Rice														
Cucumber & Tomato Salad														
Sweetcorn														
Chocolate Brownie														
Yoghurt														
Fruit														
Week 1 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Pork & Apple Sauce														
Gravy														
Roast Quorn Fillet														
Roast Potatoes														
Carrots														
Cabbage														
Fruit wedges														
Yoghurt														
Fruit														
Week 1 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Beef Bolognese														
Quorn Bolognese														
Spaghetti														
Broccoli														
Peas														
Carrot Cake														
Yoghurt														
Fruit														
Week 1 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Fish Fingers														
Veggie Goujons														
Chips														
Baked Beans														
Sweetcorn														
Apricote Cookie														
Yoghurt														
Fruit														
Fresh Fruit														

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Allergen Matrix Week 2



Week 2 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Sausages														
Gravy														
Quorn Sausage & Gravy														
Rice 50/50														
Mashed potato														
Sweetcorn														
Carrots														
Fruit Roll Puff														
Custard														
Yoghurt														
Fruit														
Week 2 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Creamy Garlic Chicken														
Mediterranean Veg Calzone														
Tricolour Pasta														
Italian Mixed Salad														
Broccoli														
Shortbread														
Yoghurt														
Fruit														
Week 2 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Chicken														
Gravy														
Stuffing														
Quorn Fillet & Gravy														
Roasted Potatoes														
Swede														
Peas														
Fruit														
Ice Cream														
Yoghurt														
Fruit														
Week 2 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
BBQ Pork & Beans														
Butternut & Chick Pea Curry														
Rice 50/50														
Carrots														
Cauliflower														
Sticky Toffee Apple Pudding														
Cream														
Yoghurt														
Fruit														
Week 2 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Battered Cod														
Salmon Fish Cake														
Veggie (Quorn) Nuggets														
Chips														
Baked Beans														
Peas														
Banana & Apple Sponge														

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Allergen Matrix Week 3



Week 3 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Chicken Neapolitan Bake														
Vegetarian Hot Pot														
Crudités														
Green Beans & Peas														
Peaches & Chocolate sauce														
Yoghurt														
Fruit														
Week 3 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Beef Burger in a Bap														
Vegetable Pasta Bake														
Jacket Potato Wedges														
Tri colour Salad														
Baked Beans														
Fresh Fruit Pots														
Yoghurt														
Fruit														
Week 3 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Gammon & Apple Sauce														
Gravy														
Quorn Roast Fillet														
Roast Potatoes														
Broccoli														
Carrots														
Daily Biscuit Choice														
Milk														
Yoghurt														
Fruit														
Week 3 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Minced Lamb														
Mac n Cheese														
Sweetcorn														
Cabbage														
Mash Potato														
Fruit Jelly														
Yoghurt														
Fruit														
Week 3 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Cod Goujons														
Veggie Curried Pasty														
Chips														
Baked Beans														
Peas														
Ice Cream														
Yoghurt														
Fruit														

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	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Jacket Potato with Cheese														
Jacket Poato with Baked Beans														
Jacket Potato with Coleslaw														
Jacket Potato with Tuna														

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