

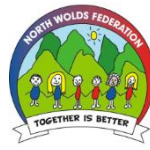
North Wolds Federation

Kitchen Lincolnshire County Council Gold Approved Menu

Autumn Term 2024 Allergy Information Week 1 (Allergens in Bold)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Macaroni Cheese Macaroni pasta, low fat crème fraiche, garlic, mixed herbs and mature cheese WHEAT, MILK	Ham & Cheese Pizza Cheese, ham, chopped tomatoes, basil, garlic, herbs, wholemeal baguette base MILK, CEREAL, WHEAT	Beef Bolognese Pasta Bake Minced beef, onion, garlic, mixed herbs, chopped tomatoes, black pepper, cheese WHEAT MILK	Roast Chicken with Stuffing Ball and Gravy Roast Chicken, cooked in gluten free gravy with a stuffing ball. CEREAL, WHEAT, SOYA	Fish fingers Baked fishfingers in breadcrumbs FISH, WHEAT
Main 2	Tomato & Lentil Risotto bake Wholemeal rice, chopped tomatoes, lentils, cannellini beans, mixed herbs, garlic, onion, peppers, mature cheese WHEAT, MILK	Vegetable Pizza Cheese, chopped tomatoes, basil, garlic, mixed herbs, pepper, sweetcorn, onion, tomatoes, wholemeal Baguette Base. WHEAT, CEREAL, MILK	Vegetable Bolognese Pasta Bake Quorn Mince, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, wholewheat pasta, cheese EGG, WHEAT, MILK	Quorn Roast with Stuffing Ball and Gravy Quorn Roast, served in gluten free gravy with a stuffing ball EGG, CEREAL, WHEAT SOYA	Vegetable Quiche Short crust pastry base, onion, peppers, tomatoes, seasoning, mature cheese, milk, egg WHEAT, MILK, EGG
Main 3	Jacket Potato with Tuna Mayonnaise and Side Salad Potato baked, tuna mayonnaise, lettuce, tomato, cucumber EGG, FISH	Chicken Mayonnaise Baguette with Side Salad Wholemeal baguette with chicken mayonnaise, lettuce, tomato, cucumber CEREAL, WHEAT, EGG	Jacket Potato with Cheese and Side Salad Potato baked, cheese, lettuce, tomato, cucumber MILK	Ham Baguette served with Side Salad Wholemeal baguette, ham, lettuce, tomato, cucumber CEREAL, WHEAT	Jacket Potato with Baked Beans and Side Salad Potato baked, baked beans, lettuce, cucumber, tomato
Accompaniment 1	Broccoli	Raw Carrot Sticks	Cut green beans	Roast Potato Roasted in sunflower oil	Potato Wedges Seasoned potato wedges baked
Accompaniment 2	Sweetcorn	Cucumber Sticks	Sweetcorn	Carrots Peas	Baked Beans
Dessert 1	Yogurt Low fat yogurt MILK	Apple and Sultana Flapjack Oats, margarine, syrup, sugar, sultanas, apples CEREAL, WHEAT	Coco Sponge and Custard Self-raising flour, sugar, coco powder, margarine, eggs, custard MILK, WHEAT, EGG	Yoghurt and Pineapple Low fat yoghurt, pineapple MILK	Lemon Drizzle cake Self-raising flour, sugar, eggs, margarine, lemon WHEAT, EGG
Dessert 2	Fresh Seasonal Fruit Apple, Banana, Pear, orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, orange, Plum

Allergens in **bold**



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Autumn Term 2024 Allergy Information Week 2 (Allergens in Bold)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Sausage Pasta Bake Vegan Savoury Sausages, wholemeal pasta, onion, mixed herbs, garlic, chopped tomatoes, mature cheese WHEAT, CEREAL, MILK	Chicken Curry Diced chicken breast, peppers, onion, garam masala, tikka paste, chopped tomatoes, garlic, mixed herbs	Chicken Fillet Bites Chicken breast chunks in a crispy batter CEREAL, WHEAT	Roast Beef with Yorkshire Pudding and Gravy Roast beef cooked in Gluten free Gravy with Yorkshire pudding SOYA, MILK, WHEAT, EGG	Square Fish Fillet Alaska pollock fillet, coated in breadcrumbs FISH, CEREAL, WHEAT, MUSTARD
Main 2	Vegetable Crumble Flour, margarine, mature cheese, mixed vegetables, crème fraiche (low fat), mixed herbs, garlic, potatoes WHEAT, MILK	Vegetable and Lentil Curry Mixed vegetables, peppers, onion, lentils, garam masala, tikka paste, chopped tomatoes, garlic, mixed herbs	Vegetable Nuggets Seasoned mixed vegetables, in a breadcrumb nugget CEREAL, WHEAT	Quorn Roast with Yorkshire Pudding and Gravy Quorn Roast, served in gluten free gravy with Yorkshire pudding. MILK, WHEAT, SOYA, EGG	Baked Bean Flan Short crust pastry base, baked beans, mature cheese WHEAT, MILK
Main 3	Jacket Potato with Tuna Mayonnaise and Side Salad Potato baked, tuna mayonnaise, lettuce, cucumber, tomato FISH, EGG	Jacket Potato with Chicken Mayonnaise and Side Salad Potato baked, chicken mayonnaise, lettuce, cucumber, tomato EGG	Cheese Baguette with Side Salad Wholemeal baguette, cheese, lettuce, cucumber, tomato CEREAL, WHEAT, MILK	Ham Baguette with Side Salad Wholemeal baguette, ham, lettuce, cucumber, tomato CEREAL, WHEAT	Jacket Potato with Tuna Mayonnaise and Side Salad Potato baked, tuna mayonnaise, lettuce, cucumber, tomato FISH, EGG
Accompaniment 1	Sweetcorn	Green beans	Potato Wedges Seasoned potato wedges, baked	Mash Potato Potatoes steamed, margarine	Potato Wedges Seasoned potato wedges, baked
Accompaniment 2	Broccoli	Wholegrain Rice	Carrot Sticks Tomato Sauce Sachet	Carrots Peas	Peas
Dessert 1	Yoghurt Low fat yogurt MILK	Apple Oaty Crumble & Custard Apples, flour, margarine, sugar, oats, custard MILK, EGG, WHEAT	Raspberry, Coco and Coconut Brownie Self-raising flour, eggs, margarine, sugar, raspberries, coco powder, coconut WHEAT, EGG, SULPHUR DIOXIDE	Yogurt with Peaches Low fat yogurt, peaches MILK	Blueberry Sponge Self-raising flour, margarine, eggs, sugar, blueberries WHEAT, EGG
Dessert 2	Fresh Seasonal Fruit Apple, Banana, Pear, orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, Orange, Plum	Fresh Seasonal Fruit Apple Banana, Pear, orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, Orange, Plum	Fresh Seasonal Fruit Apple, Banana, Pear, Orange, Plum

Allergens in **bold**



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Autumn Term 2024 Allergy Information Week 3 (Allergens in Bold)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	No Meat Meatballs served with Pasta in a Tomato Sauce Vegetable base balls, wholemeal pasta, chopped tomatoes, mixed herbs, garlic WHEAT, SOYA, CEREAL, BARLEY	Lincolnshire Sausage in Gravy Lincolnshire sausage cooked in gravy and onions CEREAL, WHEAT	BBQ Chicken with a Wrap Chicken cooked in a BBQ sauce, tortilla wrap. CEREAL, WHEAT	Roast Pork with Stuffing Ball and Gravy Roast pork cooked in gluten free gravy, served with stuffing ball SOYA, CEREAL, WHEAT	Salmon and Broccoli Pasta Bake Salmon, crème fraiche, wholemeal pasta, broccoli, mixed herbs, lemon juice, garlic, mature cheese FISH, CEREAL, WHEAT, MILK
Main 2	Vegetable Risotto Mixed vegetables, carrots, peas, cut beans, sweetcorn, risotto rice, vegetable stock, EGG, WHEAT, MILK, CEREAL	Vegetable Sausages in Gravy Vegi sausage (mixed veg) cooked in gravy. WHEAT, SOYA	Quorn pieces in BBQ sauce with a Wrap Quorn pieces, BBQ sauce, tortilla wrap CEREAL, WHEAT, EGG	Quorn Roast with Stuffing Ball and Gravy Quorn roast, served in gravy with a stuffing ball WHEAT, MILK, EGG, SOYA	Cheesy Leek and Potato Pie Leeks, crème fraiche, mature cheese, potatoes, garlic, seasoning, short crust pastry lid, egg glazed WHEAT, MILK, EGG
Main 3	Tuna Mayonnaise Baguette with Side Salad Wholemeal baguette, tuna mayonnaise, lettuce, cucumber, tomato CEREAL, WHEAT, FISH, EGG	Jacket Potato with Cheese and Side Salad Potato baked, cheese, lettuce, cucumber, tomato MILK	Ham Baguette with Side Salad Wholemeal Baguette, ham, lettuce, cucumber, tomato WHEAT, CEREAL	Jacket Potato with Cheese and Side Salad Potato baked, cheese, lettuce, cucumber, tomato MILK	Jacket Potato with Baked Beans and Side Salad Potato baked, baked beans, lettuce, cucumber, tomato
Accompaniment 1	Garlic Bread Baguette slice with a garlic and parsley topping CEREAL, WHEAT, MILK, SOYA	Mashed Potato Potatoes steamed, margarine	Mixed Salad Lettuce, tomato, cucumber	Roast Potatoes Roasted in sunflower oil	Peas
Accompaniment 2	Broccoli	Peas	Sweetcorn	Carrots Peas	Sweetcorn
Dessert 1	Yogurt Fat free Yogurt MILK	Mixed Berry Flapjack Strawberries, raspberries, blackberries, blackcurrant, redcurrant, blueberries, oats, margarine, sugar WHEAT, CEREAL	Banana and Custard Sliced banana, cold custard MILK, EGG	Yoghurt and Blueberries Fat free yoghurt, blueberries MILK	Coco and Orange Sponge Self-raising flour, coco powder, margarine, sugar, eggs, orange essence WHEAT, CEREAL, EGG
Dessert 2	Fresh Seasonal Fruit Apple, Pear, Orange, Plum, Banana	Fresh Seasonal Fruit Apple, Pear, Orange, Plum, Banana	Fresh Seasonal Fruit Apple, Pear, Orange, Plum, Banana	Fresh Seasonal Fruit Apple, Pear, Orange, Plum, Banana	Fresh Seasonal Fruit Apple, Pear, Plum, Orange, Banana

Allergens in **bold**