



## HAF Menus Summer 2024

### Allergen Lists

#### Main Meals Week 1 – Week 4

|                        | 31/07/2024   | 07/08/2024   | 14/08/2024   | 21/08/2024  | 22/08/2024  |
|------------------------|--|--|--|---|---|
| <b>Main 1</b>          | <b>Chicken Goujons served with a wrap</b><br>Battered Chicken Goujons, Wrap<br><b>WHEAT, MILK, EGG</b>                   | <b>Roast Chicken served with stuffing ball and gravy</b><br>Roast Chicken, cooked in gluten free gravy with a stuffing ball.<br><b>CEREAL, WHEAT, SOYA</b> | <b>Bolognaise Pasta Bake</b><br>Minced beef, onion, garlic, mixed herbs, chopped tomatoes, black pepper, cheese<br><b>WHEAT MILK</b>   | <b>Roast Beef served with Yorkshire pudding and gravy</b><br>Roast beef cooked in Gluten free Gravy with Yorkshire pudding<br><b>SOYA, MILK, WHEAT, EGG</b>     | <b>Summer BBQ (Lincolnshire Sausage, Beef Burger)</b><br><b>Lincolnshire sausage, small beef burger</b><br><b>WHEAT</b>               |
| <b>Main 2</b>          | <b>Vegetable Nuggets</b><br>Seasoned mixed vegetables, in a breadcrumb nugget<br><b>CEREAL, WHEAT</b>                    | <b>Quorn Roast served with Stuffing ball and gravy</b><br>Quorn Roast, served in gluten free gravy with a stuffing ball<br><b>EGG, CEREAL, WHEAT SOYA</b>  | <b>Vegetable and Lentil Pasta Bake</b><br>Quorn Mince, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, wholewheat pasta, cheese<br><b>EGG, WHEAT, MILK</b> | <b>Quorn Roast served with Yorkshire pudding and gravy</b><br>Quorn Roast, served in gluten free gravy with Yorkshire pudding.<br><b>MILK, WHEAT, SOYA, EGG</b> | <b>Summer BBQ (Quorn Sausage, Vegetable Burger)</b><br>Quorn sausage and vegetable burger<br><b>WHEAT, SOYA, EGG</b>                  |
| <b>Main 3</b>          | <b>Jacket Potato served with Cheese and side salad</b><br>Potato baked, cheese, lettuce, tomato, cucumber<br><b>MILK</b> | <b>Jacket Potato served with Cheese and side salad</b><br>Potato baked, cheese, lettuce, tomato, cucumber<br><b>MILK</b>                                   | <b>Jacket Potato served with Cheese and side salad</b><br>Potato baked, cheese, lettuce, tomato, cucumber<br><b>MILK</b>   | <b>Jacket Potato served with Cheese and side salad</b><br>Potato baked, cheese, lettuce, tomato, cucumber<br><b>MILK</b>  | <b>Jacket Potato served with Cheese and side salad</b><br>Potato baked, cheese, lettuce, tomato, cucumber<br><b>MILK</b>              |
| <b>Accompaniment 1</b> | <b>Seasoned Wedges</b><br>Seasoned potato wedges baked   | <b>Roast Potatoes</b><br>Cooked in sunflower oil   | <b>Garlic Bread</b><br>Garlic baguette slice, parsley<br><b>WHEAT, MILK</b>  | <b>Mashed Potato</b><br>Potatoes steamed, margarine   | <b>Seasoned Wedges</b><br>Seasoned potato wedges baked  |
| <b>Accompaniment 2</b> | <b>Mixed Salad</b><br>Mayonnaise Sachet<br><b>EGG, MUSTARD</b>   | <b>Carrots</b><br><b>Peas</b>  | <b>Broccoli</b><br><b>Sweetcorn</b>  | <b>Carrots</b><br><b>Peas</b>   | <b>Salad Sticks</b>   |
| <b>Dessert 1</b>       | <b>Coco Sponge</b><br>Self-raising flour, sugar, coco powder, margarine, eggs<br><b>WHEAT, EGG</b>                       | <b>Raspberry and Coco Sponge</b><br>Self-raising flour, eggs, margarine, sugar, raspberries, coco powder,<br><b>WHEAT, EGG,</b>                            | <b>Summer Berry Flapjack</b><br>Strawberries, raspberries, blackberries, blackcurrant, redcurrant, blueberries, oats, margarine, sugar<br><b>WHEAT, CEREAL</b>                           | <b>Lemon Drizzle Cake</b><br>Self-raising flour, sugar, eggs, margarine, lemon<br><b>WHEAT, EGG</b>   | <b>Coco and Orange Sponge</b><br>Self-raising flour, coco powder, margarine, sugar, eggs, orange essence<br><b>WHEAT, CEREAL, EGG</b> |
| <b>Dessert 2</b>       | <b>Fresh Fruit or Yoghurt</b><br>Low fat yoghurt <b>MILK</b>   | <b>Fresh Fruit or Yoghurt</b><br>Low fat yoghurt <b>MILK</b>   | <b>Fresh Fruit or Yoghurt</b><br>Low fat yoghurt <b>MILK</b>   | <b>Fresh Fruit or Yoghurt</b><br>Low fat yoghurt <b>MILK</b>  | <b>Fresh Fruit or Yoghurt</b><br>Low fat yoghurt <b>MILK</b>  |

### Packed Lunches

| Items                               | Allergens           |
|-------------------------------------|---------------------|
| Ham Baguette (Sandwich Option 1)    | WHEAT               |
| Cheese Baguette (Sandwich Option 2) | WHEAT, MILK         |
| Cheese and Crackers                 | MILK, WHEAT, BARLEY |
| Carrot and Cucumber sticks          |                     |
| Sultana Flapjack (Dessert Option 1) | WHEAT               |
| Fat Free Yoghurt (Dessert Option 2) | MILK                |
| Fresh Fruit                         |                     |
| Bottle of Water                     |                     |

### Breakfast Menu

|          |   |
|----------|---|
| Option 1 | Toast with low fat spread<br>(WHEAT)  |
| Option 2 | Low Sugar, Wholegrain Low Sugar Cereals (Shreddies, Cornflakes and Weetabix) with Low Fat Milk<br>(WHEAT, BARLEY, MILK) |
| Option 3 | Seasonal Fruit  |