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Nottingham
Menu Cycle Recipe Allergen
Secondary Nov 2015

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Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cauliflower, Quorn & Potato Balti (S)	Bakewell tart	B.B.Q Chicken thighs (S)	Beef Chilli (S)	Banana Loaf
Cereals containing gluten Eggs	Cereals containing gluten Eggs	celery Cereals containing gluten	celery Cream	Cereals containing gluten Eggs
Cherry Pie	Milk SO2	soya Chocolate Fudge Pudding	Milk smoked Mackerel fishcake	Milk soya
Cereals containing gluten Milk SO2	Homemade Beef Burger in a bun	Cereals containing gluten Eggs	Cereals containing gluten Eggs	Coleslaw Eggs
Fresh custard	Eggs Mustard	Milk Coleslaw	Fish Mustard	Mustard Fresh custard
Mashed Potato	Macaroni Cheese with Leeks & broccoli	Eggs	Sticky Date Muffin	Milk
Milk	Cereals containing gluten	Mustard	Cereals containing gluten	Pork & Mushroom Stroganoff (S)
Sausage & Bean Casserole (S)	Milk Mixed Salad Leaves	Fresh custard	Eggs	Mustard
celery Cereals containing gluten SO2	SO2 Mushrooms	Milk Potato Salad	Milk	Salmon & Spinach Frittata (S)
Tuna Pasta white sauce	SO2	Eggs Mustard		Eggs Milk
Cereals containing gluten Fish Milk	Salmon & Pea Risotto (S)	SO2 Spring Vegetable Frittata		Vegetable Feast Pizza (S)
Cereals containing gluten Fish Milk Mustard	celery Milk	Eggs Milk		Cereals containing gluten Milk
	Wholemeal Baguette Chunks	Mustard SO2		
	Cereals containing gluten	Thai Salmon Curry (S)		
		celery		



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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Crumble	Boiled potatoes	Cauliflower, Quorn & Potato Balti (S)	Boiled potatoes	Boiled potatoes
Cereals containing gluten Milk	SO2 Cornflake Tart	Cereals containing gluten Eggs	SO2 Ham, Pesto and Broccoli Pasta (S)	SO2 Cheese & Broccoli Flan
Fresh custard	Cereals containing gluten Milk	Chocolate Brownie (cocoa)	Cereals containing gluten Milk	Cereals containing gluten Eggs
Mustard Mashed potatoes	SO2 Couscous Salad with Lemon	Cereals containing gluten Eggs Milk	Jacket Potato Skins filled (S)	Milk Mustard
Quorn Chilli Burrito (S)	Cereals containing gluten SO2 Falafel pitta pocket piece (s)	Fish Burger Wrap (S)	Mint yogurt dressing (S)	Fish Goujon Sandwich (S)
celery Cereals containing gluten Eggs Milk	Cereals containing gluten Fresh custard	Cereals containing gluten Eggs Fish Mustard	Milk Oat & raisin & apricot biscuit	Cereals containing gluten Eggs Fish Mustard
Sausages in Onion Gravy (S)	Milk Mint yogurt dressing (S)	Homemade Beef Burger in a bun	Eggs Milk SO2	soya Potato Salad
Cereals containing gluten SO2	Milk Mint yogurt dressing (S)	Cereals containing gluten Eggs Mustard	Tandori Salmon (S)	Eggs Mustard SO2
Tuna Nicoise Salad (Loxley)	Milk Moroccan Chicken Tagine	Potato Salad	Fish Milk SO2	Sweet Potato Flapjack (S)
Eggs Fish	celery SO2 Potato Salad	Eggs Mustard SO2	Wholemeal Baguette Chunks	Cereals containing gluten Eggs Milk
Wholemeal Baguette Chunks	SO2 Eggs Mustard SO2 Tomato & Basil Baked Haddock (S)	Potato Salad	Cereals containing gluten	
Cereals containing gluten	Fish	Eggs Mustard SO2		



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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Banoffee Tart Cereals containing gluten Milk SO2	Chocolate & Beetroot Muffin Cereals containing gluten Eggs	Fresh custard Milk	Black Cherry Roly Poly Cereals containing gluten	Carrot Cake Cereals containing gluten
Beef Spaghetti Bolognaise Cereals containing gluten	Goan Fish Curry (S) Fish	Pineapple Upside Down Pudding Cereals containing gluten	Milk SO2	Eggs Milk
Boiled potatoes SO2	Mashed Potato Milk	Eggs Milk	Boiled potatoes SO2	Potato Salad Eggs
Fish Tacos (S) Fish	Root Vegetable Cassoulet Milk	Roast Potatoes SO2	Cajun Salmon (S) Fish	Mustard SO2
Fresh custard Milk	SO2 soya	Roast Turkey Baguette Cereals containing gluten	Fresh custard Milk	Potato Salad Eggs
Potato, Onion and Cheese Pasty (S) Cereals containing gluten Eggs Milk		teriyaki Quorn celery Cereals containing gluten	Quorn Burger & salad in a bun Cereals containing gluten Eggs	Mustard SO2
Wholemeal Baguette Chunks Cereals containing gluten		Eggs soya	Milk	Thai Salmon Fish Cakes (S) Cereals containing gluten
		Tuna Meatballs & Spaghetti Cereals containing gluten Eggs Fish	Thai Chicken Curry (S) celery	Eggs Vegetable Feast Pizza (S) Cereals containing gluten Milk



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Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Butterscotch Tart	Milk	Couscous Salad with Lemon	Boiled potatoes	Cottage Pie with Sweet Pot Mash (S)
Cereals containing gluten	Milk	Cereals containing gluten	SO2	Milk
Milk	Pulled Pork Baguette	SO2	Cheese & Mushroom Flan	Cream
Indian Prawn Curry	Cereals containing gluten	Home Made Sweet & Sour Quorn	Cereals containing gluten	Milk
Crustaceans	Milk	Eggs	Eggs	Flapjack raisin
Milk	Quorn Thai Curry (S)	Mustard	Milk	Cereals containing gluten
Milk	celery	Milk	Mustard	Milk
Potato Salad	Eggs	Milk	SO2	SO2
Eggs	Salmon Tagliatelle	Strawberry & Cream Scone	Cherry sponge	Milk
Mustard	Cereals containing gluten	Cereals containing gluten	Cereals containing gluten	Milk
SO2	Milk	Milk	Eggs	Quorn Chilli Burrito (S)
Sausage hot dog	Sweet Potato & Chocolate Muffin	Tomato & Basil Tuna Pasta (S)	Milk	celery
Cereals containing gluten	Cereals containing gluten	Cereals containing gluten	soya	Cereals containing gluten
SO2	Eggs	Fish	Cream	Eggs
Vegetable lasagne	Milk	Wholemeal Baguette Chunks	Milk	Milk
Cereals containing gluten	Wholemeal Baguette Chunks	Cereals containing gluten	Fresh custard	Vinegar infused Fish fillet
Milk	Cereals containing gluten		Milk	Cereals containing gluten
Mustard			Jerk Salmon (S)	Fish
Wholemeal Baguette Chunks			Fish	
Cereals containing gluten			Mint yogurt dressing (S)	
			Milk	
			Moroccan Lamb Tagine (L)	
			celery	
			SO2	