Millbrook Lunch Menu November & December 2026

W/C - 9, 30 Nov,

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage and Tomato Pasta A2	Roast Gammon with Yorkshire Pudding A2 A4 A7	Sweet & Sour Chicken A1 G	Jacket Potatoes with Tuna A5 Cheese A7 or Baked Beans	Fish Finger A2 A5
Macaroni Cheese A2 A7	Roast Quorn Fillet A2 Yorkshire Pudding A2 A4 A7	Sweet & Sour Quorn A1 A2 G		Vegetable Burger A2
Garlic Bread A2 A7 A13 G Peas Sweetcorn	Roast Potatoes Carrots, Broccoli Gravy	Rice Peas	Coleslaw A4 Mixed Salad	Oven Chips Sweetcorn
Choc Ice A7 Fresh Fruit Yoghurt A7	Melon Fresh Fruit Yoghurts A7	Chocolate chip sponge & chocolate custard A2 A4 A7 A13 Fresh Fruit Yoghurts A7	Cheesecake A2 A4 A7 A13 Fresh Fruit Yoghurts A7	Coconut cookie A2 A7 A14 Fresh Fruit Yoghurts A7

W/C – 16 Nov, 7 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs in Tomato Sauce A1 A2 A7 A9 A13 A14	Roast Chicken Stuffing A2 A4 A7	Beef Lasagne A2 A4 A7 G	Cheese & Ham Pizza A2 A7 (Baguette produced in a factory where sesame seeds are handled so may contain A12)	Breaded Fish A2 A5
Plant Balls in Tomato Sauce A13 G	Quorn Burger A2 A4 A7 Stuffing A2 A4 A7	Vegetarian Lasagne A2 A4 G	Cheese & Tomato Pizza A2 A7 (Baguette produced in a factory where sesame seeds are handled so may contain A12)	Cheese & Onion Pasty A2 A7
Rice A4 Mixed Vegetables	Roast Potatoes Carrots, Cabbage Gravy	Garlic Bread A2 A7 A13 G Sweetcorn	Herby Diced Potato A1 A2 G Mixed Salad	Chips Baked Beans
Flapjack A2 A7 Fresh Fruit Yoghurt A7	Melon Fresh Fruit Yoghurts A7	Chocolate Chip Cookie A2 A7 A13 Fresh Fruit Yoghurts A7	Ice Cream A7 Fresh Fruit Yoghurts A7	Sprinkle Cake A7 Fresh Fruit Yoghurts A7

W/C 2 , 23 Nov, 14 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Carbonara A2 A4 A7	Roast Loin of Pork Stuffing A2 A4 A7	Jacket Potatoes with Tuna A5, Cheese A7 or Baked Beans	Sausages A1 A2 A9 A13 A14 G	Chicken Nuggets A2 G
Savoury Vegetable Rice A1 **G**	Roast Quorn Fillet A2 Stuffing A2 A4 A7		Vegetarian Sausages A2 A4 A7	Quorn Dippers A2 G
Wholemeal Bread A2 A13 Sweetcorn Peas	Roast Potatoes Carrots, Green Beans Gravy	Coleslaw A4 Mixed Salad	Mashed Potatoes A4 Baked Beans	Chips Peas
Rice Krispy Cake A2 A7 Fresh Fruit Yoghurts A7	Melon Fresh Fruit Yoghurts A7	Jam Tart & Custard A2 A4 A7 Fresh Fruit Yoghurts A7	Ice Cream A7 Fresh Fruit Yoghurts A7	Oat Cookie A2 A7 Fresh Fruit Yoghurts A7

Salad Bar – a variety of salad is available daily on non-roast days
Wholegrain Bread is available daily and contains A2 A13 Item contains garlic - **G**

14 Allergens

Coming to a food label near you

Food Standards Agency
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces 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.

Cereals containing gluten 2
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.

Eggs 4
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.

Lupin 6
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.

Molluscs 8
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.

Nuts 10
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.

Sesame seeds 12
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.

Sulphur dioxide (sometimes known as sulphites) 14
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: **food.gov.uk/allergy** or **nhs.uk/conditions/allergies**
Sign up to our allergy alerts on **food.gov.uk/email**, or follow **#AllergyAlert** on Twitter and Facebook
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