

Millbrook Lunch Menu January and February 2026

W/C - 5 & 26 January

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni and Tomato Pasta A2, A4, A7 G	Roast Chicken with Stuffing A2 A4 A7	Jacket Potatoes with Tuna A5 Cheese A7 or Baked Beans	Beef Lasagne A2 A4	Fish Finger A2 A5
Vegetable Savoury Rice A1 A2 G	Quorn Fillet A2 Stuffing A2 A4 A7		Vegetarian Lasagne A2 A4	Cheese and Onion Pasty A2 A7
Peas Sweetcorn	Roast Potatoes Carrots, Peas Gravy	Coleslaw A4 Mixed Salad	Garlic Bread A2 A7 A13 G Mixed Salad	Oven Chips Baked Beans
Rice Krispy Cake A2 A7 Fresh Fruit Yoghurt A7	Melon Fresh Fruit Yoghurts A7	Chocolate Sponge Chocolate Custard A2 A4, A7 Fresh Fruit Yoghurts A7	Ice Cream A7 Fresh Fruit Yoghurts A7	Oaty Cookie A2 Fresh Fruit Yoghurts A7

W/C – 12 Jan, 2 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna & Sweetcorn Pasta Bake A2 A4 A5	Roast Pork Stuffing A2 A4 A7	Chicken Korma A7 G	Cowboy Sausage Casserole A1, A2 A9 A13 A14 G	Chicken Nuggets A2 G
Macaroni Cheese A2 A7	Quorn Burger A2 Stuffing A2 A4 A7	Quorn Korma A2 G	Vegetarian Sausage Cowboy Casserole A2 A4 A7	Quorn Nuggets A2 G
Mixed Vegetables	Roast Potatoes Carrots, Cabbage Gravy	Rice Peas Naan Bread A2	Mashed Potatoes Peas	Chips Spaghetti Hoops A2 A4 G
Flapjack A2 A7 Fresh Fruit Yoghurt A7	Melon Fresh Fruit Yoghurts A7	Jam Tart & Custard A2 A4 A7 Fresh Fruit Yoghurts A7	Chocolate & Vanilla Ice Cream A7 Fresh Fruit Yoghurts A7	Lemon Drizzle Cake A2 A4 A7 Fresh Fruit Yoghurts A7

W/C 19 Jan, 9 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese A2 A4 G	Roast Gammon with Yorkshire Pudding Stuffing A2 A4 A7	Cheese & Ham Pizza A2 A7 (Baguette produced in a factory where sesame seeds are handled so may contain A12)	Jacket Potatoes with Tuna A5, Cheese A7 or Baked Beans	Fish Cakes A2 A5 A7 A9
Savoury Vegetable Rice A1 G	Quorn Sausage A2 Yorkshire Pudding Stuffing A2 A4 A7	Cheese & Tomato Pizza A2 A7 (Baguette produced in a factory where sesame seeds are handled so may contain A12)		Vegetable Burger A2
Garlic Bread A2 A7 A13 G Sweetcorn Peas	Roast Potatoes Carrots, Broccoli Gravy	Herby Diced Potato A1 G Mixed Vegetables	Coleslaw A4 Mixed Salad	Chips Peas
Iced Sprinkle Cake A7 Fresh Fruit Yoghurts A7	Melon Fresh Fruit Yoghurts A7	Vanilla Choc Ice A7 Fresh Fruit Yoghurts A7	Fruit Crumble & Custard A2 A4 A7 Fresh Fruit Yoghurts A7	Chocolate Chip Cookie A2 A7 A13 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



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.

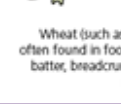
There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



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

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats are 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.

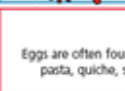


2



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

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



4



Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin

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.



6



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

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



8



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.



10



Nuts

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.



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

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, humous, sesame oil and tahini. They are sometimes toasted and used in salads.



12



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)

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.



14

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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