

Millbrook Lunch Menu September & October 2025

W/C 15 Sept & 6 Oct				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Vegetable Savoury Rice A1, A2 G	Roast Pork with Stuffing A2 A4 A7	Jacket Potatoes with Tuna A5 A4, Cheese A7 or Baked Beans	Cheese & Ham Pizza A2 A7 (Baguette produced in a factory where sesame seeds are handled so may contain A12)	Fish Cake A2 A5 A7 A9
Pasta with a cheese, tomato and Basil Sauce A2 A7 G	Quorn Burger A2 A4 A7 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 G Peas Sweetcorn	Roast Potatoes Carrots, Peas Gravy	Coleslaw A4 Mixed Salad	Herby Diced Potatoes A1 G Mixed Salad	Oven Chips Baked Beans
Cheese Cake A2 A7 Fresh Fruit Yoghurt A7	Melon Fresh Fruit Yoghurts A7	Chocolate & Vanilla Mousse A7 Fresh Fruit Yoghurts A7	Chocolate Chip Cookie A2 A7 A13 Fresh Fruit Yoghurts A7	Flapjack A2 A7 Fresh Fruit Yoghurts A7

W/C 1, 22 Sept & 13 Oct				
Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni & Tomato Pasta Bake A2 A7 G	Roast Gammon With Yorkshire Pudding A2 A4 A7	Chicken Korma A7 G	All Day Breakfast Sausage A1 A2 A9 A13 A14 G Bacon	Breaded Fish A2 A5
Macaroni Cheese A2 A7	Quorn Fillet A2 With Yorkshire Pudding A2 A4 A7	Quorn Korma A4 G	Omelette A4 Vegetarian Sausage A2 A4 A7	Cheese & Onion Pasty A2 A7
Mixed Vegetables	Roast Potatoes Carrots, Cabbage Gravy	Rice Peas Naan Bread A2	Hash Brown Baked Beans Tomato	Chips Peas
Ice Cream A7 Fresh Fruit Yoghurt A7	Melon Fresh Fruit Yoghurts A7	Lemon Drizzle Cake A2 A4 A7 Fresh Fruit Yoghurts A7	Jelly & Shortbread A2 A7 Fresh Fruit Yoghurts A7	Coconut Cookie A2 A7 A14 Fresh Fruit Yoghurts A7

W/C 8, 29 Sept & 20 Oct				
Monday	Tuesday	Wednesday	Thursday	Friday
Ham Carbonara A2 A7	Roast Chicken with Stuffing A2 A4 A7	Fish Fingers A2 A5	Jacket Potatoes with Tuna A5, Cheese A7 or Baked Beans	Sausage Roll A2 A7 A13 A14
Savoury Vegetable Rice A1 G	Roast Quorn Fillet with Stuffing A2 A4 A7	Quorn Dippers A2		Vegetarian Sausage Roll A2 A7 A13
Sweetcorn Peas	Roast Potatoes Carrots, Green Beans Gravy	Mashed Potato Mixed Vegetables	Coleslaw A4 Mixed Salad	Chips Beans
Strawberry Mousse A7 Fresh Fruit Yoghurts A7	Melon Fresh Fruit Yoghurts A7	Sprinkle Cake A2, A4, A7 Fresh Fruit Yoghurts A7	Jam Tart & Custard A2 A4 A7 Fresh Fruit Yoghurts A7	Choc Ice A7 A13 (Produced in a factory where nuts are handled so may contain A10) 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.

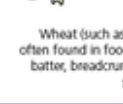
There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



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.



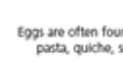
2



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.



4

Eggs

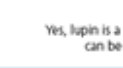
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



5

Fish

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



6

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.



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.



8

Molluscs

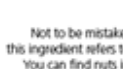
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



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.



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.



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.



12

Sesame seeds

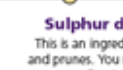
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, humous, sesame oil and tahini. They are sometimes toasted and used in salads.



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.



14

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.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

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