

# Millbrook Primary School Menu September & October 2023



**W/c 4 Sept, 25 Sept & 16 Oct**

**Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Sausage & Tomato Pasta  Wholemeal bread Sweetcorn & Carrots  Flapjack Fresh fruit Yoghurts  <b>G,1,2,4,7,9,13,14</b>	Roast Pork With Stuffing  Roast Quorn Fillet With Stuffing  Roast Potatoes Cauliflower Cheese Carrots & Gravy  Cookie Fresh fruit Yoghurts  <b>2,7,13,14</b>	Jacket Potatoes with Cheese, tuna or baked beans   Coleslaw Mixed Salad  Iced Sponge Fresh fruit Yoghurts  <b>2,4,5,7,13</b>	Chicken Korma, Rice & Naan Bread  Vegetable Curry, Rice & Naan Bread  Mixed Vegetables  Fruit Crumble with Custard Fresh fruit Yoghurts <b>G,2,4,7,9,13</b>	Fish Fingers  Cheese&Onion Pastie  Oven Chips Peas  Ice Cream Fresh Fruit Yoghurts  <b>2,4,5,7,13</b>

**W/c 11 Sept, 2 Oct**

**Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pasta  Savoury Chicken Rice  Wholemeal Bread Mixed Vegetables  Cheesecake Fresh fruit Yoghurts  <b>G,1,2,7,13</b>	Roast Gammon  Quorn Burger With Yorkshire pudding & gravy  Roast Potatoes Carrots & Cabbage Gravy  Jam Tart Custard Fresh fruit Yoghurts  <b>2,4,7,13</b>	Ham & Cheese French bread pizza  Margarita French bread pizza  Potato Wedges Sweetcorn  Fruit Jelly with Short-bread Fresh fruit Yoghurts  <b>G,2,4,7,13</b>	Beef Lasagne  Vegetable Lasagne  Garlic Bread Mixed Salad  Sticky Toffee Pudding* Custard Fresh fruit Yoghurts  <b>G,2,4,7,13</b>	Fish Cake  Quorn Dippers  Oven Chips Baked Beans  Sprinkle Cake Fresh fruit Yoghurts  <b>2,4,5,7,9,13</b>

**W/c 18 Sept & 9 Oct**

**Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Carbonara Linguini  Savoury Vegetable Rice  Wholemeal Bread Peas & Sweetcorn  Jam Sponge With custard Fresh fruit Yoghurts  <b>G,1,2,4,7,13</b>	Roast Chicken  Roast Quorn Fillet  Roast Potatoes Cauliflower Cheese Carrots Gravy  Yogurt Fruit Bowl  Fresh fruit  <b>2,7,13</b>	Jacket Potatoes with Cheese, tuna or baked beans   Mixed Salad Coleslaw  Cheesecake Fresh Fruit Yoghurts  <b>2,4,5,7,13</b>	Sausages  Veggie Sausages  Mashed Potatoes Carrots & cabbage Gravy  Ice Cream Fresh fruit Yoghurts  <b>G,1,2,4,7,9,13,14</b>	Breaded Fish  Vegetable and Cheesy Mash Pie  Oven Chips Baked Beans Peas  Lemon Muffin Fresh Fruit Yoghurts  <b>2,4,5,7,13</b>

**Salad Bar—a variety of fresh salad is available on non roast dinner days. Bread is available daily**



# 14 Allergens

Coming to a food label near you



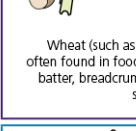
The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

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:



## 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.



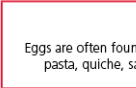
## Cereals containing gluten

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



## 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.



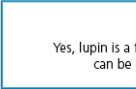
## Eggs

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



## 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.



## 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.



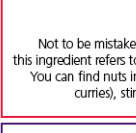
## Molluscs

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



## 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.



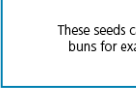
## Nuts

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.



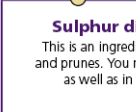
## Sesame seeds

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



## 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.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook

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