

Millbrook Primary School Menu Term Sept and Oct 2024



W/c 9, 30 Sept, 21 Oct Allergens in the menu are listed below each day

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti with meat-balls & tomato sauce	Roast Chicken With Stuffing	Chicken Korma & Rice	Fish Goujons	Hot Dogs In a bread roll
Neapolitan Pasta with tomato sauce & cheese	Roast Quorn Fillet With Stuffing	Vegetable Curry & Rice	Vegetable Fingers	Quorn Sausage In a bread roll
Wholemeal bread Sweetcorn & carrots	Roast Potatoes Broccoli & Carrots Gravy	Naan Bread Mixed Salad	Mashed Potatoes Mixed Vegetables	Oven Chips Baked Beans
Oat Cookies Fresh fruit Yoghurts	Melon Fresh fruit Yoghurts	Cheesecake Fresh fruit Yoghurts	Rice Crispy Cake Fresh fruit Yoghurts	Choc Ice Fresh Fruit Yoghurts
2,7,13,14,G	2,7,13	2,4,7,9,13,G	2,3,5,7,8,13	2,4,7,13,11

W/c 16 Oct, 7 Oct Allergens in the menu are listed below each day

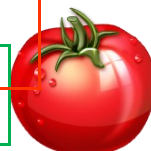
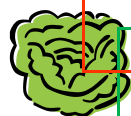
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti bolognaise	Roast Gammon with Yorkshire pudding & gravy	Ham & Cheese French bread pizza	Chicken Pie	Breaded Fish
Savoury Rice	Macaroni Cheese and a Quorn Sausage With Yorkshire pudding	Margarita French bread pizza	Cheese & Onion Pasty	Quorn Dippers
Garlic Bread Mixed Vegetables	Roast Potatoes Peas & Carrots Gravy	Herby Diced Potatoes Mixed Salad	Mashed Potatoes Seasonal Vegetables	Oven Chips Peas & Sweetcorn
Iced Sponge	Melon	Lemon Drizzle Cake	Strawberry Mousse	Fruit Jelly with Shortbread Fresh fruit Yoghurts
Fresh fruit Yoghurts	Fresh fruit Yoghurts	Fresh fruit Yoghurts	Fresh fruit Yoghurts	Fresh fruit Yoghurts
1,2,7,13,4,G	2,4,7,13	2,4,7,12,13,G	2,4,7,13	2,5,7,13

W/c 4, 23 Sept & 14 Oct Allergens in the menu are listed below each day

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potatoes With Cheese, tuna or baked beans	Roast Pork With Stuffing	All Day Breakfast (Sausage & Bacon)	Sweet & Sour Chicken & Rice	Breaded Fish Fingers
	Cheese & Broccoli Pasta	Omelette & Quorn Sausage	Sweet & Sour Vegetables & Rice	Cauliflower Cheese
Coleslaw Mixed Salad	Roast Potatoes Carrots & Peas Gravy	Hash Brown Tomatoes & Baked Beans	Prawn Crackers Mixed Salad	Oven Chips Peas
Ice Cream Fresh fruit Yoghurts	Melon Fresh fruit Yoghurts	Iced Orange & Carrot Cake Fresh Fruit Yoghurts	Choc Chip Cookie Fresh fruit Yoghurts	Jam Tarts Fresh Fruit Yoghurts
4,5,7,2,13	2,7,13	1,2,4,7,9,13,14,G	1,2,3,7,13,14,G	2,4,5,7,13

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

*An ingredient produced in a factory that may have handled nuts. G = garlic



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.




2 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.




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, 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.



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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