

# Millbrook Primary School Menu Term 2 & 3 Nov 2024– Feb 2025



**W/c 4, 25 Nov, 16 Dec, 20 Jan, 10 Feb Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Tomato Pasta	Roast Gammon With Yorkshire Pudding	All Day Breakfast	Jacket Potatoes with Cheese, Tuna or Baked Beans	Fish Fingers
Macaroni Cheese	Roast Quorn Fillet With Yorkshire Pudding	Omelette & Quorn Sausage		Vegetable Fingers
Garlic bread Peas & Carrots	Roast Potatoes Cauliflower Cheese Carrots & Gravy	Hash Browns Tomatoes and Baked Beans	Coleslaw Mixed Salad	Oven Chips Sweetcorn
Double Choc Muffin Fresh fruit Yoghurts	Strawberry Mousse Fresh fruit Yoghurts	Coconut Cookie Fresh fruit Yoghurts	Sticky Toffee Pudding with Custard Fresh fruit Yoghurts	Fruit Jelly & Shortbread Fresh Fruit Yoghurts
2,4,7,11,13 G	2,7,13	1,2,4,7,9,13,14,G	2,4,5,7,13	2,5,7,12,13

**W/c 11 Nov, 2 Dec, 6 Jan, 27 Jan Allergens in the menu are listed below each day**

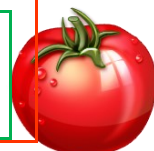
Monday	Tuesday	Wednesday	Thursday	Friday
Neapolitan Pasta with Tomato Sauce & cheese	Roast Chicken With Stuffing	Ham & Cheese pizza	Beef Lasagne	Fish Cake
Savoury Chicken Rice	Vegetable Burger With Stuffing	Margarita pizza	Vegetable Lasagne	Quorn Dippers
Wholemeal Bread Mixed Vegetables	Gravy Roast Potatoes Carrots & Cabbage Gravy	Potato Wedges Mixed Salad	Garlic Bread Mixed Salad	Oven Chips Baked Beans
Cheesecake Fresh fruit Yoghurts	Ice Cream Fresh fruit Yoghurts	Rice Crispy Cake Fresh fruit Yoghurts	Chocolate Chip Cookie Fresh fruit Yoghurts	Sprinkle Cake Fresh fruit Yoghurts
1,2,7,13 ,G	2,4,7,13	2,7,12,13,G	2,7,13,G	2,4,5,7,9,13

**W/c 18 Nov, 9 Dec, 13 Jan, 3 Feb Allergens in the menu are listed below each day**

Monday	Tuesday	Wednesday	Thursday	Friday
Carbonara Linguini	Roast Loin of Pork with Stuffing	Jacket Potatoes with Cheese, tuna or baked beans	Cowboy Casserole (Sausage & beans)	Breaded Fish
Savoury Vegetable Rice	Roast Quorn Fillet with Stuffing		Veggie Cowboy Casserole (Quorn Sausages & beans)	Cheese and Onion Pasty
Wholemeal Bread Peas & Sweetcorn	Roast Potatoes Carrots & Broccoli Gravy	Mixed Salad Coleslaw	Mashed Potatoes Tinned tomatoes	Oven Chips Mixed Vegetables
Chocolate Sponge with Chocolate Custard Fresh fruit Yoghurts	Melon Fresh fruit Yoghurts	Jam Tart & Custard Fresh Fruit Yoghurts	Flapjack Fresh fruit Yoghurts	Cookie Surprise Fresh Fruit Yoghurts
1,2,4,7,13	2,7,13	2,4,5,13	1,2,4,7,9,13,14,G	2,5,7,13,14

**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](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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