Week 1

Week Begins: 31 October, 21 November, 12 December, 16 January, 6 & 27 February, 20 March

Monday

Mince and Mealie *(Gluten/Celery)*
(Vegetarian) **Broccoli Bake** *(Milk)*
Mashed Potatoes | Peas | Turnip
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Cheese on Toast** *(Gluten, Milk and Soya)*

Tuesday

Gluten Free Salmon Fish Fingers *(Fish)*
(Vegetarian)) **Quorn Chilli Wedge Bake** *(Celery/Gluten/Eggs)*
Boiled Potatoes | Broccoli | Baked Beans
Fresh Fruit with Natural Yoghurt

TEA MENU - *(Vegetarian)* **Lentil Soup with Crusty Bread** *(Gluten/Celery/Soya)*

Wednesday

Chicken Pie *(Celery /Milk/Gluten)*
(Vegetarian) **Baked Potato with Baked Beans**
Potato Croquettes | Sweetcorn | Diced Mixed Vegetables
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Cheese & Tomato Sandwiches**
(Gluten/Milk/Soya/Mustard/Eggs)

Thursday

Meat Free Day

(Vegetarian) **Macaroni Cheese** *(Gluten/Milk)*
(Vegetarian) **Vegetable Riotto** *(Celery)*
Garlic Bread | Carrots | Beetroot

TEA MENU - *(Vegetarian)* **Egg Mayonnaise Roll**
(Gluten/Eggs/Milk/Mustard/ Sesame)

Friday

Chicken Goujons *(Gluten)*
(Vegetarian) **Vegetable Curry** *(Mustard/Celery)*
Rice | Spaghetti Hoops | Green Beans | Coleslaw
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Spaghetti Hoops on Toast** *(Gluten)*

Week 2

Week Begins: 7 & 28 November, 19 December, 23 January, 13 February, 6 & 27 March

Monday

Pork Sausages *(Gluten/Soya)*
(Vegetarian) **Vegetable Lasagne** *(Gluten/Milk)*
Mashed Potatoes | Baked Beans | Green Beans
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Beans on Toast** *(Gluten/Soya)*

Tuesday

Meat Free Day

*(Vegetarian)***Cheese Panini** *(Gluten/Milk)*
(Vegetarian) **Vegetarian Noodles** *(Gluten/Celery/Egg/Soya)*
Cous Cous | Vegetable Medley | Coleslaw
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Quorn Sausage Roll** *(Gluten)*

Wednesday

Beef Steak Pie *(Gluten/Celery)*
(Vegetarian) **Quorn Toad in the Hole** *(Gluten/Egg/Milk)*
Boiled Potatoes | Cauliflower | Cucumber
Fresh Fruit Platter

TEA MENU - **Tuna Mayonnaise Sandwiches** *(Gluten/Egg/Fish/Milk/Mustard/Soya)*
or *(Vegetarian)* **Cheese Sandwiches** *(Egg, Milk, Mustard, Gluten and Soya)*

Thursday

Chicken Korma *(Celery/Gluten/Milk/Mustard)*
(Vegetarian) **Cheese Wheel** *(Gluten/Milk/Eggs)*
Rice | Spaghetti Hoops | Broccoli | Sweetcorn
Fresh Fruit with Natural Yoghurt

TEA MENU - *(Vegetarian)* **Pasta Salad** *(Gluten/Eggs/Milk/Mustard)*

Friday

Salmon Nibbles *(Fish/Gluten)*
*(Vegetarian)***Tomato Pasta** *(Gluten)*
Chips | Peas | Carrots
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Lentil Soup with Crusty Bread** *(Gluten/Celery/Soya)*

OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
						1	2	3	4				1	2	HOLIDAYS							1	2	3			1	2	3					
					7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	HOLIDAYS				
HOLIDAYS					14	15	16	17	In-Service Day	12	15	14	15	16	16	17	18	19	20	HOL	In-Service Day	In-Service Day	16	17	13	14	15	16	17					
					21	22	23	24	25	19	20	21	22	HOL	23	24	25	26	27	20	21	22	23	24	20	21	22	23	24					
31					28	28	30			HOLIDAYS					30	31				27	28				27	28	29	30	31					

Week 3

Week Begins: 14 November, 5 December, 9 & 30 January, 20 February, 13 March

Monday

Gluten Free Pork Meatballs in Gravy *(Soya/Sulphur Dioxide)*
(Vegetarian) **Herbie Spaghetti** *(Gluten)*
Mashed Potatoes | Green Beans | Vegetable Medley
Fresh Fruit Platter

TEA MENU - **Tuna Roll** *(Gluten/Egg/Fish/Milk/Mustard/Sesame)*
or *(Vegetarian)* **Cheese Roll** *(Gluten/Milk/Sesame)*

Tuesday

Roast Chicken and Gravy
(Vegetarian) **4 Cheese Ravioli in Tomato Sauce** *(Gluten/Eggs/Milk)*
Roast Potatoes | Peas & Sweetcorn | Brussels Sprouts
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Pizza Fingers** *(Gluten/Milk)*

Wednesday

Cod and Salmon Fishcake *(Gluten/Fish)*
(Vegetarian) **Vegetarian Chilli Nachos** *(Celery/Gluten/Eggs)*
Chips | Rice | Peas | Coleslaw
Fresh Fruit with Natural Yoghurt

TEA MENU - *(Vegetarian)* **Lentil Soup with Crusty Bread** *(Gluten/Celery/Soya)*

Thursday

Chicken Fajitas *(Gluten)*
(Vegetarian) **Quorn Vegan Sausage Roll** *(Gluten)*
Potato Wedges | Sweetcorn | Baked Beans
Fresh Fruit Platter

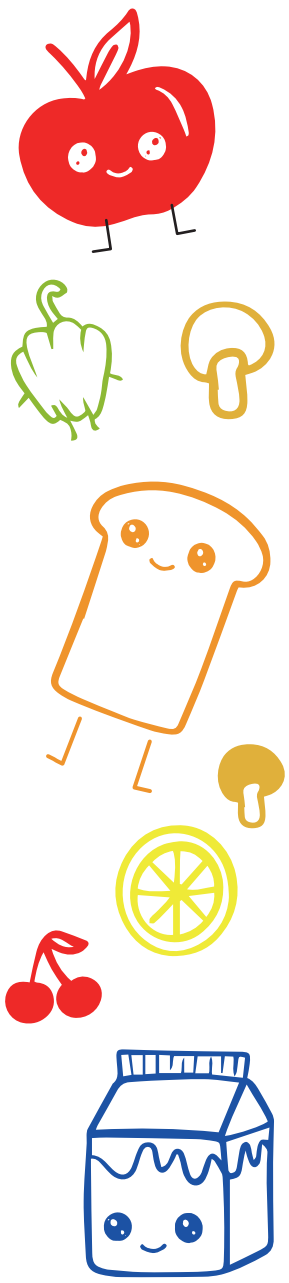
TEA MENU - *(Vegetarian)* **Savoury Cheese Wrap** *(Gluten/Eggs/Milk/Mustard)*

Friday

Meat Free Day

Stuffed Crust Cheese and Tomato Pizza *(Gluten/Milk)*
(Vegetarian) **Singapore Noodles** *(Soya/Gluten/Eggs)*
Garlic Bread | Coleslaw | Carrots
Fresh Fruit Platter

TEA MENU - *(Vegetarian)* **Sliced Egg and Tomato Sandwiches** *(Gluten/Eggs/Milk/Soya)*



14 Allergens

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced 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: Foodstandards.gov.scot/consumers/food-safety/food-allergies or nhsinform.scot/illnesses-and-conditions/nutritional/food-allergy
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