

AUTUMN TERM MENU

WEEK 1

The numbers on the menu below correlates to the Allergies key on the right hand side. Whilst Oak Tree will do everything to mitigate any risk of contamination there is a potential of cross contamination whilst staff and students self serve on the salad bar.

MON

Four cheese ravioli in Tomato
(2) (4) (7)
& Mascapone (7)
or Bolognese Sauce
Vegan Pasta in Tomato sauce (2)
Garlic Bread (2)
Sauteed Spinach Salad Bar
Jam Doughnut
(2) (13)

TUES

Hunters Chicken (7)
Vegan Hunters Chicken
Salad Bar
Potato Wedges
Babycorn & Mangetout
Jacket Potato Beans
Flapjack (2)

WEDS

Sausage & (14)
Yorkshire Pudding
Plant Based
Vegan Sausage
Salad Bar
Mashed Potato
Broccoli & Carrots
Sponge (2) (4)
& Custard (7)

THURS

Chicken Balti & Rice (9)
Vegan Balti & Balti (9)
Naan Bread, (2)
Baked Cabbage
Mango chutney Salad Bar
Sweet Jacket Potato
Waffle, Fruit (2) (4) (7) (13)
& Cream (7)

FRI

Pepperoni Pizza or
Margarita Pizza (2) (7)
Veggie Supreme (2)
Salad Bar
Chips
Beans
Chocolate (2) (4)
Brownie

ALLERGIES KEY

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 biscuits, 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, hummus, 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.

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WEEK 2

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MON

Cornish Pasty

2 4 7 13

Cheese &
Onion Pasty

2 7

Vegan
Sausage Roll

Salad Bar
Roasted New
Potatoes
Peas &
Sweetcorn

Iced Finger

2 4 7

TUES

Meatballs &
Spaghetti

2 14

Vegan
Metballs
& Spaghetti

2

Salad Bar
Green Beans
Baked Beans
Garlic Bread

2

Scone, Jam

2 4 7
& Cream

7

WEDS

Roast
Gammon,
Yorkshire
Pudding
& Gravy

2 4 7

Vegan
Sausage

Salad Bar
Roast Potato
Cabbage,
Carrots &
Gravy

Crumble
& Custard

2

7

THURS

Katsu Chicken

2

Curry &
Noodles

2 4 13

Vegan Katsu
Curry & Rice

2 13

Sugar Snap
Peas, Salad
Bar, Sweet
Jacket Potato

Angel Delight

7

FRI

Battered Fish

2 5

Baked
Salmon

5

Fishless
Fingers

2

Salad Bar
Chips &
Beans/Mushy
Peas

Rocky Road

2

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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, bread crumbs, 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 biscuits, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11 Peanuts
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12 Sesame seeds
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummus, 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.

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WEEK 3

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MON

Beef Chilli & Rice

5 Bean Chilli & Rice

Nachos
Salad Bar
Corn on the cob

Ice Cream

7

TUES

Chicken in
Tomato
Sauce

2

Mac
& Cheese

7

Garlic Bread

2

Salad Bar
Jacket Potato
Baked Beans
Peas

Muffin

WEDS

Roast chicken,
Stuffing,
Yorkshire
Pudding &
Gravy

Vegan Fillet

2

Salad Bar
Roast
Potatoes
Cauliflower
Cheese Green
Beans

Jam Roly Poly
with Custard

7

THURS

Paninis: BBQ
Pulled Pork
Tuna &
Cucumber

7

Melt Cheese &
Ham

7

Cheese,
Tomato & Pesto

7

Seasoned
Potatoes Salad
Bar Sweet
Jacket Potato
Roasted Med
Veg

Cookie
& Milkshake

7

FRI

Beef Burger /
Chicken
Burger

2

Spicy Bean
Burger Vegan
plant based
burger

2

Salad Bar,
Chips & Beans

Chocolate
Eclair

2 4 7 13

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