

# FOOD ALLERGY SHEET

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Pasta & Meatballs in a Roasted Red Pepper & Tomato Sauce *Celery *Gluten *Rapeseed Oil *Milk	Thai Beef Curry *Celery *Gluten *Sesame seed *Soya bean *Fish *Rapeseed oil	Sausage Casserole *Gluten *Celery *Rapeseed oil *Sulphates	Chicken & Sweetcorn Pie *Rapeseed oil *Gluten *Milk	Breaded White Fish *Gluten *Fish
<b>VEGETARIAN</b>	Vegetable Quesadilas *Celery *Gluten *Milk *Rapeseed Oil	Tomato, Mozzarella & Basil Slice *Gluten *Milk	Cauliflower Bake *Gluten *Milk	Lentil Curry *Celery *Gluten *Soya bean *Mustard *Rapeseed oil	Vegetable Lasagne *Rapeseed oil *Gluten *Milk *Celery
<b>JACKET POTATOES</b>	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk
<b>DESSERT</b>	Arctic Roll *Milk *Gluten *Egg *Soya bean  Fruit Yoghurt *Milk	Banana Sponge with Custard *Milk *Gluten *Egg  Fruit Yoghurt *Milk	Jelly  Fruit Yoghurt *Milk	Carrot Cake *Milk *Gluten *Egg  Fruit Yoghurt *Milk	Apple Pie with Custard *Milk *Gluten  Fruit Yoghurt *Milk