

FOOD ALLERGY SHEETS

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Southern Baked Chicken *Egg *Gluten *Rapeseed Oil	Sausages With Gravy Mashed Potatoes *Sulphates *Milk *Gluten *Celery *Soya bean	Pasta Bolognese With Garlic Bread *Rapeseed Oil *Celery *Milk *Soya bean *Gluten	Roast Beef With Potatoes & Gravy *Rapeseed Oil *Celery *Soya bean *Gluten	Fish Goujons *Fish *Gluten *Mustard
VEGETARIAN	Ratatouille *Rapeseed Oil *Celery	Lentil & Vegetable Pie with Gravy Mashed Potatoes *Rapeseed Oil *Celery *Gluten *Soya bean *Milk	Quorn Shepherds Pie & Gravy *Rapeseed Oil *Egg *Celery *Milk *Gluten *Soya bean	Mediterranean Vegetable Frittata with potatoes *Rapeseed Oil *Egg *Celery *Milk *Gluten	Mixed Vegetable Wrap *Rapeseed Oil *Celery *Gluten *Milk
JACKET POTATOES	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk
DESSERT	Natural Strawberry Yoghurt with Fruit *Milk Fruit Yoghurt *Milk	Lemon Drizzle Cake *Egg *Gluten *Milk Fruit Yoghurt *Milk	Gingerbread Squares *Milk *Gluten *Egg Fruit Yoghurt *Milk	Bakewell Tart *Egg *Gluten *Milk *Soya bean Fruit Yoghurt *Milk	Choc Chip Sponge With Custard *Milk Gluten *Egg *Soya bean