

# FOOD ALLERGY SHEET

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Pasta Carbonara *Gluten *Milk *Celery *Rapeseed Oil *Soya Bean	Chicken Fajita *Soya Bean *Gluten *Milk *Celery *Rapeseed Oil	Fish Fingers *Fish *Gluten	Roast Chicken with Roast Potatoes & Gravy *Rapeseed Oil *Gluten *Celery *Soya Bean	French Bread Hawaiian pizza *Gluten *Milk
<b>VEGETARIAN</b>	Vegetable Casserole Pasta Bake *Rapeseed Oil *Celery *Milk *Gluten	Vegetable Fajita *Soya Bean *Gluten *Milk *Celery *Rapeseed Oil	Cheese & Onion Quiche *Rapeseed Oil *Egg *Gluten *Milk	Vegetarian Toad in the Hole with Roast Potatoes & gravy *Rapeseed Oil *Egg *Gluten *Milk *Celery *Soya bean	Vegetable Spring Roll *Gluten *Sesame Seed *Soya bean
<b>JACKET POTATOES</b>	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk
<b>DESSERT</b>	Peaches & Strawberry Yoghurt *Milk  Fruit Yoghurt *Milk	Orange Sponge with Vanilla icing *Milk *Gluten *Egg  Fruit Yoghurt *Milk	Cinnamon Cookies *Gluten *Milk *Egg  Fruit Yoghurt *Milk	Jam Tarts *Gluten *Milk *Lupin  Fruit Yoghurt *Milk	Apple Crumble with Custard *Milk *Gluten *Egg *Soya bean