

# FOOD ALLERGY SHEET

| WEEK 4                 | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|------------------------|---|--|---|--|--|
| <b>MAIN COURSE</b>     | Tuna Pasta Bake<br>*Rapeseed Oil<br>*Fish<br>*Celery<br>*Gluten<br>*Milk      | Tandoori Chicken<br>Curry served with<br>Rice & Mini Naan<br>Bread<br>*Gluten<br>*Rapeseed Oil<br>*Celery<br>*Milk<br>*Mustard<br>*Soya bean | Diced Beef &<br>Onion Pie Served<br>with Roasted<br>Potatoes & Gravy<br>*Rapeseed Oil<br>*Celery<br>*Gluten<br>*Soya bean | Pasta in a Tomato<br>& Herb Sauce<br>Served with Garlic<br>Bread<br>*Rapeseed Oil<br>*Gluten<br>*Celery<br>*Milk<br>*Soya bean | Beef Burgers<br>Served with Potato<br>wedges<br>*Gluten<br>*Milk<br>*Soya bean                           |
| <b>VEGETARIAN</b>      | Quorn Chilli Weap<br>*Rapeseed Oil<br>*Egg<br>*Celery<br>*Gluten              | Roasted Vegetable<br>Risotto<br>*Rapeseed Oil<br>*Celery<br>*Milk  | Vegetable Goulash<br>*Rapeseed Oil<br>*Celery<br>*Milk  | Pasta with a<br>Mushroom &<br>Cheese Sauce with<br>Garlic Bread<br>*Rapeseed Oil<br>*Gluten<br>*Milk<br>*Celery<br>*Soya bean  | Margherita Pizza<br>*Gluten<br>*Milk<br>*Celery  |
| <b>JACKET POTATOES</b> | Cheese<br>*Milk   | Cheese<br>*Milk  | Cheese<br>*Milk   | Cheese<br>*Milk  | Cheese<br>*Milk  |
| <b>DESSERT</b>         | Melon Balls with<br>Strawberry Yoghurt<br>*Milk<br><br>Fruit Yoghurt<br>*Milk | Classic Shortbread<br>Cookies<br>*Gluten<br>*Milk<br><br>Fruit Yoghurt<br>*Milk  | Pineapple Upside<br>Down Cake<br>*Gluten<br>*Egg<br>*Milk<br><br>Fruit Yoghurt<br>*Milk                                   | Jelly<br><br>Fruit Yoghurt<br>*Milk  | Pear Sponge<br>Pudding with<br>Custard<br>*Gluten *Egg *Milk<br>*Soya bean<br><br>Fruit Yoghurt<br>*Milk |