

FOOD ALLERGY SHEET

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Mediterranean Style Chicken & tomato bake served with rice & garlic Berad *Milk *Gluten *Rapeseed oil	Sausages With Gravy Mashed Potatoes *Sulphates *Milk *Gluten *Celery *Soya bean	Pasta & Meatballs in a Roasted Red Pepper & Tomato Sauce *Celery *Gluten *Rapeseed Oil *Milk	Chicken & Sweetcorn Pie *Rapeseed oil *Gluten *Milk	Breaded White Fish *Gluten *Fish
VEGETARIAN	Lentil Curry *Celery *Gluten *Soya bean *Mustard *Rapeseed oil	Mixed Bean & Vegetable Pie with Gravy Mashed Potatoes *Rapeseed Oil *Celery *Gluten *Soya bean *Milk	Vegetable Lasagne *Rapeseed oil *Gluten *Milk *Celery	Cauliflower Bake *Gluten *Milk	Stuffed Pepper *Milk
JACKET POTATOES	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk
DESSERT	Peaches With Strawberry Yoghurt *Milk Fruit Yoghurt *Milk	Ginger Sponge *Milk *Gluten *Egg Fruit Yoghurt *Milk	Lemon Butter Biscuits *Milk *Gluten *Egg Fruit Yoghurt *Milk	Carrot Cake *Milk *Gluten *Egg Fruit Yoghurt *Milk	Apple Pie with Custard *Milk *Gluten Fruit Yoghurt *Milk