

# FOOD ALLERGY SHEETS

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Southern Baked Chicken *Egg *Gluten *Rapeseed Oil	Pasta Bolognaise With Garlic Bread *Rapeseed Oil *Celery *Milk *Soya bean *Gluten	Roast Pork With Potatoes & Gravy *Rapeseed Oil *Celery *Soya bean *Gluten	Chicken Fajita *Soya Bean *Gluten *Milk *Celery *Rapeseed Oil	Fish Goujons *Fish *Gluten *Mustard
<b>VEGETARIAN</b>	Ratatouille *Rapeseed Oil *Celery	Quorn Shepherds Pie & Gravy *Rapeseed Oil *Egg *Celery *Milk *Gluten *Soya bean	Mediterranean Vegetable Frittata with potatoes *Rapeseed Oil *Egg *Celery *Milk *Gluten	Vegetable Fajita *Soya Bean *Gluten *Milk *Celery *Rapeseed Oil	Mixed Vegetable Wrap *Rapeseed Oil *Celery *Gluten *Milk
<b>JACKET POTATOES</b>	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk
<b>DESSERT</b>	Rice Pudding *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  Fruit Yoghurt *Milk