

# FOOD ALLERGY SHEET

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Haddock & Bacon Fishcakes *Gluten *Milk *Mustard	Sausage Casserole *Gluten *Celery *Rapeseed oil *Sulphates	Pasta Carbonara *Gluten *Milk *Celery *Rapeseed Oil *Soya Bean	Roast Chicken with Roast Potatoes & Gravy *Rapeseed Oil *Gluten *Celery *Soya Bean	French Bread Hawaiian pizza *Gluten *Milk
<b>VEGETARIAN</b>	Cheese & Onion Quiche *Rapeseed Oil *Egg *Gluten *Milk	Tomato, Mozzarella & Basil Slice *Gluten *Milk	Vegetable & Bean Casserole Pasta Bake *Rapeseed Oil *Celery *Milk *Gluten	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>	Strawberry Mousse *Milk  Fruit Yoghurt *Milk	Orange Sponge with Vanilla icing *Milk *Gluten *Egg  Fruit Yoghurt *Milk	Lemon Curd & Blueberry Loaf Cake *Milk *Gluten *Egg  Fruit Yoghurt *Milk	Golden Syrup Butter Cookies *Milk *Gluten  Fruit Yoghurt *Milk	Apple Crumble with Custard *Milk *Gluten *Egg *Soya bean