

FOOD ALLERGY SHEET

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pasta in a Tomato & Herb Sauce Served with Garlic Bread *Rapeseed Oil *Gluten *Celery *Milk *Soya bean	Fish Fingers *Gluten	Chicken, Bacon & Mushroom in a Creamy Sauce *Rapeseed Oil *Celery *Gluten *Milk	Diced Beef & Onion Pie Served with Roasted Potatoes & Gravy *Rapeseed Oil *Celery *Gluten *Soya bean	Beef Burgers *Gluten *Milk *Soya bean
VEGETARIAN	Pasta with a Mushroom & Cheese Sauce with Garlic Bread *Rapeseed Oil *Gluten *Milk *Celery *Soya bean	Roasted Vegetable Risotto *Rapeseed Oil *Celery *Milk	Quorn Chilli Wrap *Rapeseed Oil *Egg *Celery *Gluten	Vegetable & Lentil Goulash Served with Roasted Potatoes *Rapeseed Oil *Celery *Milk	Bean Burger *Gluten
JACKET POTATOES	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk	Cheese *Milk
DESSERT	Raisin Sponge Pudding With Custard *Gluten *Milk *Soya bean *Egg Fruit Yoghurt *Milk	Classic Shortbread Cookies *Gluten *Milk Fruit Yoghurt *Milk	Cranberry Oat Bars *Gluten *Milk Fruit Yoghurt *Milk	Jelly Fruit Yoghurt *Milk	Jam Sponge *Gluten *Milk *Soya bean *Egg Fruit Yoghurt *Milk