

WEEK 1

ALLERGENS



Peanuts.



Nuts.



Milk.



Soya.



Mustard.



Lupin.



Eggs.



Fish.



Mollusc.



Shellfish.



Gluten.



Sesame Seeds.



Celery.



Sulphur Dioxide.

	Peanuts.	Nuts.	Milk.	Soya.	Mustard.	Lupin.	Eggs.	Fish.	Mollusc.	Shellfish.	Gluten.	Sesame Seeds.	Celery.	Sulphur Dioxide.
Chicken, Tomato and Mixed Pepper Bake served with Steamed Rice														YES
Shepherdess Pie			YES	YES							Barley			YES
Lemon Pudding with Custard			YES				YES				Wheat			
Golden Fish Fingers served with Potato Wedges								YES			Wheat			
Vegetable Burger served in a Bun with Homemade Tomato Sauce								YES			Barley, Wheat		YES	YES
Pear and Ginger Crumble with Custard			YES								Oats, Wheat			
Roast Pork served with Apple Sauce, Roast Potatoes and Gravy														
Cheddar and Caramelised Red Onion Quiche served with Roast Potatoes			YES				YES				Wheat			YES
Strawberry Jelly														
Beef Bolognaise served with Spaghetti											Wheat		YES	YES
Cherry Tomato and Pesto Pasta			YES								Wheat			
Vanilla Sponge with Custard			YES				YES				Wheat			
Beef Burger served in a Bun with Homemade Tomato Sauce and Chips								YES			Barley, Wheat		YES	YES
Crispy Vegetable Nuggets served with Chips											Wheat			
Carrot Cake											Wheat			

