

Ingredient	Cereals containing Gluten	Crustaceans	Eggs	Fsh	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>WEEK 1</b>														
<b>MONDAY</b>														
Sweet & Sour Chicken									Celery					
Rice														
Teriyaki Chicken	Wheat					Soyabean								
Wrap	Wheat													
Bolognese	Wheat		Factory			Factory	Factory		Celery	Mustard				
Spaghetti	Wheat													
Sweet & Sour Veg									Celery					
Tomato & Basil Sauce	Wheat		Factory			Factory	Milk		Celery	Mustard				
Pasta	Wheat													
Salad Pot														
<b>TUESDAY</b>														
Meat & Potato Pie	Wheat						Milk		Celery					
Chips														
Gravy	Wheat						Milk		Celery					
Chicken Tikka Masala							Milk							
Rice														
Cheese & Onion Pie	Wheat						Milk							
Vegetables														
<b>WEDNESDAY</b>														
Breaded Chicken Burger	Wheat		Eggs				Milk							
Rice														
Curry Sauce	Wheat					Soya				Mustard				
Wraps	Wheat													
Pepperoni Pasta Bake	Wheat						Milk							
Cheese & Tom Bake	Wheat						Milk							

Tomato & Basil Sauce														
Pasta	Wheat													
Salad Pot														
THURSDAY														
Pulled Pork														
Wrap	Wheat													
Chicken Tikka Masala							Milk							
Rice														
Tikka Dahl							Milk							
Jacket Potato														
Quiche	Wheat		Eggs				Milk							
Vegetables														
FRIDAY														
Sausages	Wheat					Soya						Sulphites		
Mashed Potatoes							Milk							
Gravy	Wheat						Milk		Celery					
Vegetables														
Chicken Korma							Milk							
Rice														
Omlette			Eggs											
Tuna Pasta Bake	Wheat			Tuna			Milk							
Tomato & Basil Sauce														
Pasta	Wheat													

SD - Sulphur Dioxide

SF - Soya Flour

Factory - Product produced in a factory also producing products with these allergens

