

Allergens – Week 1

Due to nut allergies we do not allow nuts in the nursery or any food items that may contain traces of nuts. We also do not serve any form of shellfish

| Menu | Nuts | Mustard | Lupin | Milk | Eggs | Shellfish | Soya | Gluten | Sulphites | Sesame Seeds | Fish | Meat (Incl pork) | Tomatoes | Citrus Fruit (Incl Strawberries & Banana) |
|--|---------------------------------------|----------------------------------|-------|------|------|--|------|--------|---------------------|--------------|------|------------------|----------|---|
| Monday - Lunch | Nuts not present in any Nursery food. | Mustard not in any Nursery food. | | | | Shellfish not present in any Nursery food. | | | 10 mg per Kilogram. | | | | | |
| Chicken casserole with fresh vegetables & rice | | | | | | | | | | | | | | |
| (v) Bean & mushroom casserole | | | | | | | | | | | | | | |
| Fresh Fruit/Plain Yoghurt | | | | | | | | | | | | | | |
| Tea - Vegetable Soup with Bread & butter | | | | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Tuesday – Lunch | | | | | | | | | | | | | | |
| Turkey spaghetti Bolognese and fresh vegetables | | | | | | | | | | | | | | |
| Vegetarian Bolognese with cheese, chick peas, spaghetti and fresh vegetables | | | | | | | | | | | | | | |
| Fresh Fruit/Plain Yoghurt | | | | | | | | | | | | | | |
| Tea - Jacket Potatoes with cheese & beans | | | | | | | | | | | | | | |
| Fresh fruit | | | | | | | | | | | | | | |
| Wednesday - Lunch | | | | | | | | | | | | | | |
| Fish Pie with fresh vegetables | | | | | | | | | | | | | | |
| Vegetable & butter bean pie | | | | | | | | | | | | | | |
| Fresh Fruit/Plain Yoghurt | | | | | | | | | | | | | | |
| Pizza bread & fresh vegetables | | | | | | | | | | | | | | |
| Fresh fruit | | | | | | | | | | | | | | |
| Thursday - Lunch | | | | | | | | | | | | | | |
| Vegetable risotto (savory rice) | | | | | | | | | | | | | | |
| Fresh Fruit/Plain Yoghurt | | | | | | | | | | | | | | |
| Tea - Norfolk pork sausages with baked beans & potatoes | | | | | | | | | | | | | | |
| Homemade vegetable/lentil sausages with baked beans & potatoes | | | | | | | | | | | | | | |
| Fresh fruit | | | | | | | | | | | | | | |
| Friday - Lunch | | | | | | | | | | | | | | |
| Shepherds pie with fresh vegetables | | | | | | | | | | | | | | |
| Vegetable and bean pie with fresh vegetables | | | | | | | | | | | | | | |
| Fresh Fruit/Plain Yoghurt | | | | | | | | | | | | | | |
| Tea – Macaroni Cheese with cucumber & raisins | | | | | | | | | | | | | | |
| Fresh fruit | | | | | | | | | | | | | | |