Allergens – Week 2

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 present in any Nursery food.				Shellfish not present in any Nursery food.			10 mg per Kilogram.					
Sausage casserole with mashed potatoes and green beans														
(V) Vegetable sausage casserole														
Fresh Fruit/Plain Yoghurt														
Tea – Scrambled egg with salmon and bread and butter and cucumber														
(V) Without Salmon														
Fresh fruits														
Tuesday – Lunch														
Chicken curry with rice														
(V)Vegetable & lentil curry with rice														
Fresh Fruit/Plain Yoghurt														
Tea – Vegetable pasta														
Fresh fruits														
Wednesday - Lunch														
Lasagne with peas and broccoli														
(V) Lasagne with black eyed beans and spinach														
Fresh Fruit/Plain Yoghurt														
Tea – Three bean casserole														
Fresh fruits														
Thursday - Lunch														
Turkey Pie and mixed fresh vegetables														
(V) vegetable Pie														
Fresh Fruit/Plain Yoghurt														
Tea - Jacket Potato with cheese, beans and cucumber														
Fresh Fruits														
Friday - Lunch														
Steamed fish with rice and vegetables														
(V) Steamed vegetables with chick peas and rice														
Fresh Fruit/Plain Yoghurt														
Tea – Children's picnic with cheese, Sausages, Cucumber, Tomato and Bread and Butter														
Fresh Fruits														