

Allergens – Week 3

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	Sesame Seeds	Sulphites	Fish	Meat (Incl pork)	Tomatoes	Citrus Fruit (Incl Strawberries & Banana)				
<u>Monday - Lunch</u>	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														
Jaloff rice with fresh vegetables																		
Fresh Fruit/Plain Yoghurt																		
Tea – Norfolk Sausages with mashed potato and onion gravy																		
Fresh Fruit																		
<u>Tuesday – Lunch</u>																		
Chicken pie with potatoes and fresh vegetables																		
(V)Vegetable and mushroom pie with Fresh Vegetables																		
Tea – French bread pizza with cucumber, Apple and raisins																		
<u>Wednesday - Lunch</u>																		
Fresh Fish medley with Pasta & Fresh Vegetables																		
Vegetable pasta bake and vegetables																		
Tea - Jacket Potato with cheese and beans																		
Fresh fruit																		
<u>Thursday - Lunch</u>																		
Moussaka with Fresh Vegetables																		
(V) Vegetable & bean Moussaka																		
Fresh Fruit/Plain Yoghurt																		
Tea – Vegetable Soup with Bread and butter																		
Fresh Fruit																		
<u>Friday - Lunch</u>																		
Mixed bean casserole and rice with fresh vegetables																		
Fresh Fruit/Plain Yoghurt																		
Tea – Tuna pasta bake																		
(V) Vegetable pasta bake																		
Fresh Fruit																		