



# Allergens in Nursery Menus • August - October 2020

## Weeks – 24<sup>th</sup> August & 21<sup>st</sup> September

<b>Mon</b>	<b>Pork Sausages &amp; Gravy</b> - Celery, Wheat, Barley, Soya & Sulphites <b>Yorkshire Pudding</b> - Egg, Wheat & Milk <b>Mashed Potatoes</b> - Milk <b>Oatie Biscuit</b> - Wheat, Oats & Milk <b>Milk</b> - Milk
<b>Tue</b>	<b>Pizza Wheel</b> -Wheat & Milk may contain Egg & Soya <b>Sweet P Muffin</b> – Wheat, Egg & Milk <b>Milk</b> - Milk
<b>Wed</b>	<b>Macaroni Cheese</b> - Wheat, Milk & Mustard <b>Apple Cake</b> – Wheat & Milk <b>Custard</b> – Milk
<b>Thurs</b>	<b>Spaghetti Bolognese</b> - Wheat <b>Garlic Bread</b> - Wheat, Eggs, Milk & Soya <b>Cheese &amp; Biscuits</b> – Wheat & Milk
<b>Fri</b>	<b>Tomato &amp; Pasta Soup</b> – Wheat, Milk, Celery & Sulphites <b>Chicken Mayo Wrap</b> – Wheat, Milk, Eggs & Mustard

## Weeks – 7<sup>th</sup> September & 5<sup>th</sup> October

<b>Mon</b>	<b>Penne Pasta in Tomato Sauce</b> - Wheat <b>Garlic Bread</b> - Wheat, Eggs, Milk & Soya <b>Iced Sponge</b> - Wheat, Egg & Milk <b>Custard</b> - Milk
<b>Tues</b>	<b>Tomato Soup</b> Milk, Celery & Sulphites <b>Cheddar Cheese Baguette</b> - Wheat & Milk may contain soya
<b>Wed</b>	<b>Chicken Curry</b> - Celery, Wheat, Milk & Mustard <b>Naan Bread</b> – Wheat & Milk <b>Ice-Cream</b> - Milk
<b>Thurs</b>	<b>Macaroni Cheese</b> - Wheat, Milk & Mustard <b>Mashed Potatoes</b> - Milk
<b>Thu</b>	<b>Spaghetti Bolognese</b> - Wheat <b>Garlic Bread</b> - Wheat, Eggs, Milk & Soya <b>Cheese &amp; Biscuits</b> -
<b>Fri</b>	<b>Tomato &amp; Pasta Soup</b> – Wheat, Milk & Sulphites <b>Chicken Mayonnaise Wrap</b> - <b>Chocolate Saucy Sponge</b> - Eggs, Milk & Wheat <b>Custard</b> - Milk

## Weeks – 31<sup>st</sup> August & 28<sup>th</sup> September

<b>Mon</b>	<b>Turkey Steak</b> – Wheat, Milk & Soya <b>Mashed Potatoes</b> - Milk <b>Greek Yoghurt</b> - Milk
<b>Tue</b>	<b>Fish Fingers</b> - Fish <b>Penne Pasta</b> - Wheat <b>Chocolate Cookie</b> – Wheat & Milk <b>Milk</b> - Milk
<b>Wed</b>	<b>Chicken Curry</b> - Celery, Wheat, Milk & Mustard <b>Naan Bread</b> – Wheat & Milk
<b>Thu</b>	<b>Macaroni Cheese</b> - Wheat, Milk & Mustard <b>Gingerbread</b> – Wheat, Eggs & Milk <b>Custard</b> - Milk
<b>Fri</b>	<b>Pasta Bolognese</b> - Wheat & Milk <b>Garlic Bread</b> - Wheat & Milk <b>Eat to the Beet Muffin</b> - Wheat, Eggs & Milk <b>Milk</b> - Milk

## Week 4 – 14<sup>th</sup> September

<b>Mon</b>	<b>Tomato Soup</b> – Celery, Milk & Sulphites
<b>Tue</b>	<b>Tomato Pasta</b> - Wheat <b>Garlic Bread</b> - Wheat may contain Eggs & Milk <b>Chocolate Saucy Sponge</b> – Wheat, Eggs & Milk <b>Custard</b> - Milk
<b>Wed</b>	<b>Roast Chicken</b> – Wheat, Celery & Barley may contain Milk & Soya <b>Mealie</b> - Oats <b>Butterscotch Cookie</b> – Wheat & Milk <b>Milk</b> - Milk
<b>Thu</b>	<b>Carrot &amp; Coriander Soup</b> - Celery & Sulphites <b>Tuna May Wrap</b> - Wheat, Eggs, Fish, Milk & Mustard <b>Brownie</b> - Wheat, Eggs & Milk
<b>Fri</b>	<b>Fish cakes</b> – Wheat, Eggs, Fish, Milk & Sulphites <b>Carrot Cake</b> – Wheat & Egg <b>Custard</b> - Milk