

ZEBEDEE'S LUNCH BOX

SCHOOL ALLERGY SHEET

SCHA 09/11

MENU 1 - DISH OF THE DAY

DAY	MAIN COURSE	CONTAINS	SIDE	CONTAINS	SWEET	CONTAINS
Monday	Chicken Tikka Masala with Fluffy Rice	Citric Acid, Dairy, Tomato	Shredded Iceberg Lettuce & Carrot		Low Fat Mandarin Yoghurt & Pears	Citric Acid, Dairy
Tuesday	Traditional Shepherds Pie	Citric Acid	Sliced Carrots & Peas		Chocolate, Banana & Orange Sponge with Chocolate Custard	Sponge = Citric Acid, Dairy, Egg, Gluten Custard = Dairy
Wednesday	Mexican Beef Chilli with Jacket Potato Wedges	Citric Acid, Tomato	Shredded Iceberg Lettuce & Cucumber		Frozen Strawberry Yoghurt	Citric Acid, Dairy
Thursday	Chicken or Salmon Pesto Pasta	Dairy, Gluten	Tomato & Cucumber	Citric Acid, Tomato	Oaty Apple & Apricot Crumble with Custard	Crumble = Citric Acid, Gluten Custard = Dairy
Friday	Roast Turkey, Roast Potatoes & Stuffing	Gravy = Gluten Stuffing = Gluten, Pork	Seasonal Mixed Vegetables		Orange Jelly & Peaches	Jelly = Citric Acid, Pork Gelatine Peaches = Citric Acid

MENU 1 - ALTERNATIVE CHOICE

DAY	MAIN COURSE	CONTAINS	SIDE	CONTAINS	SWEET	CONTAINS
Monday	Jacket Potato with Beans & Cheese	Beans = Citric Acid, Tomato Cheese = Dairy	Shredded Iceberg Lettuce & Carrot		Low Fat Mandarin Yoghurt & Pears	Citric Acid, Dairy
Tuesday	Vegetable Ratatouille with Pasta	Citric Acid, Gluten, Tomato	Sliced Carrots & Peas		Chocolate, Banana & Orange Sponge with Chocolate Custard	Sponge = Citric Acid, Dairy, Egg, Gluten Custard = Dairy
Wednesday	Pasta Macaroni Bake	Dairy, Gluten	Shredded Iceberg Lettuce & Cucumber		Frozen Strawberry Yoghurt	Citric Acid, Dairy
Thursday	Vegetable & Potato Korma with Fluffy Rice	Citric Acid, Dairy, Tomato,	Tomato & Cucumber	Citric Acid, Tomato	Oaty Apple & Apricot Crumble with Custard	Crumble = Citric Acid, Gluten Custard = Dairy
Friday	Roast Meat Free Turkey Style Slices, Roast Potatoes & Stuffing	Gravy = Gluten Stuffing = Gluten	Seasonal Mixed Vegetables		Orange Jelly & Peaches	Jelly = Citric Acid, Pork Gelatine Peaches = Citric Acid

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MENU 2 - DISH OF THE DAY

DAY	MAIN COURSE	CONTAINS	SIDE	CONTAINS	SWEET	CONTAINS
Monday	Homemade Swedish Meatballs in a Tomato Sauce with Pasta	Citric Acid, Pork, Tomato Pasta = Gluten	Seasonal Mixed Vegetables		Golden Fruity Flapjack	Gluten
Tuesday	Gammon, Pineapple & Jacket Potato Wedges	Citric Acid, Gluten, Pork	Green Beans & Sweetcorn		Jam Sponge Pudding & Custard	Sponge = Citric Acid, Dairy, Egg, Gluten Custard = Dairy
Wednesday	Roast Beef, Yorkshire Pudding & Roast Potatoes	Gravy = Gluten Yorkshire Pudding = Dairy, Egg, Gluten	Carrot Batons & Peas		Low Fat Blackcurrant Yoghurt	Citric Acid, Dairy
Thursday	Sweet & Sour Chicken or Salmon with Fluffy Rice	Citric Acid, Tomato	Tomato Wedges & Cucumber	Citric Acid, Tomato	Chocolate Brownie & Vanilla Ice Cream	Brownie = Dairy, Gluten Custard = Dairy
Friday	Speldhurst Pork Sausages & Cheesy Mash	Sausages = Gluten, Pork Cheesy Mash = Dairy	Homemade Baked Beans & Sweetcorn	Baked Beans = Citric Acid, Tomato	Apple & Cherry Oaty Crumble with Custard	Crumble = Citric Acid, Gluten Custard = Dairy

MENU 2 - ALTERNATIVE CHOICE

DAY	MAIN COURSE	CONTAINS	SIDE	CONTAINS	SWEET	CONTAINS
Monday	Mexican Vegetable Chilli & Fluffy Rice	Citric Acid, Tomato	Seasonal Mixed Vegetables		Golden Fruity Flapjack	Gluten
Tuesday	Pasta Spirals with Tomato Sauce	Pasta = Gluten Tomato Sauce = Citric Acid, Tomato	Green Beans & Sweetcorn		Jam Sponge Pudding & Custard	Sponge = Citric Acid, Dairy, Egg, Gluten Custard = Dairy
Wednesday	Roast Meat Free Beef Style Slices, Yorkshire Pudding & Roast Potatoes	Gravy = Gluten Yorkshire Pudding = Dairy, Egg, Gluten	Carrot Batons & Peas		Low Fat Blackcurrant Yoghurt	Citric Acid, Dairy
Thursday	Vegetarian Shepherds Pie	Citric Acid	Tomato Wedges & Cucumber	Citric Acid, Tomato	Chocolate Brownie & Vanilla Ice Cream	Brownie = Dairy, Gluten Custard = Dairy
Friday	Jacket Potato with Cheese & Grated Carrot	Cheese = Dairy	Homemade Baked Beans & Sweetcorn	Baked Beans = Citric Acid, Tomato	Apple & Cherry Oaty Crumble with Custard	Crumble = Citric Acid, Gluten Custard = Dairy

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