

ZEBEDEE'S LUNCH BOX

NURSERY ALLERGY ADVICE

ZLA 10/09

MENU A

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Organic Soya & Vegetable Spaghetti Bolognese with Grated Cheese	Citric Acid, Gluten, Soya, Tomato Cheese = Dairy, Lactose	Orange Jelly & Peaches	Citric Acid
Tuesday	Lamb & Lentil Vegetable Stew	Citric Acid, Gluten, Tomato	Banana & Date Pudding with Custard	Sponge = Dairy, Egg, Gluten, Lactose Custard = Dairy, Lactose
Wednesday	Sausage, Mashed Potato & Baked Beans	Citric Acid, Gluten, Tomato	Chocolate Mousse	Dairy, Lactose, Soya
Thursday	Salmon Macaroni Bake	Dairy, Gluten, Lactose	Fruit Salad	Citric Acid
Friday	Roast Ham, New Potatoes & Mixed Vegetables	Gluten	Peach Melba Yoghurt	Citric Acid, Dairy, Lactose

MENU B

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Beefy Cottage Pie	Citric Acid, Gluten, Tomato	Peaches & Pears with Mandarin Yoghurt	Citric Acid, Dairy, Lactose
Tuesday	Tuna, Mackerel & Tomato Pasta Bake	Citric Acid, Gluten, Tomato	Apple Rhubarb Crumble with Custard	Crumble = Citric Acid, Gluten Custard = Dairy, Lactose
Wednesday	Lamb Lasagne	Citric Acid, Dairy, Gluten, Lactose, Tomato	Banana Mousse	Dairy, Lactose, Soya
Thursday	Chicken & Vegetable Stew	Citric Acid, Gluten, Tomato	Chocolate & Orange Sponge with Chocolate Custard	Sponge = Dairy, Egg, Gluten, Lactose Custard = Dairy, Lactose
Friday	Meatballs, New Potatoes & Tomato Vegetable Gravy	Citric Acid, Dairy, Gluten, Lactose, Tomato	Wild Cherry Frozen Yoghurt	Citric Acid, Dairy, Lactose

MENU C

DAY	MAIN COURSE	CONTENTS	SWEET	CONTENTS
Monday	Cod & Vegetable Potato Bake	Dairy, Gluten, Lactose	Pineapple, Apricot & Pear	Citric Acid
Tuesday	Beef Chilli Pasta	Citric Acid, Gluten, Tomato	Bananas & Custard	Custard = Dairy, Lactose
Wednesday	Roast Turkey, New Potatoes, Mixed Vegetables & Gravy	Gluten	Vanilla Ice Cream	Dairy, Lactose
Thursday	Beanie Shepherds Pie	Citric Acid, Gluten, Tomato	Strawberry Yoghurt	Citric Acid, Dairy, Lactose
Friday	Sausage Pasta	Citric Acid, Gluten, Tomato	Lemon & Ginger Sponge with Custard	Sponge = Citric Acid, Dairy, Egg, Gluten, Lactose Custard = Dairy, Lactose

THIS IS A GUIDE ONLY.
FOR SERIOUS ALLERGIES PLEASE CONTACT ZEBEDEES