

ZEBEDEE'S LUNCH BOX

SCHOOL ALLERGY SHEET

SCHA 04/10

MENU 1

DAY	MAIN COURSE	CONTAINS	SIDE	CONTAINS	SWEET	CONTAINS
Monday	Chicken or Salmon Pesto & Rice	Celery, Dairy, Lactose	Roasted Thyme & Rosemary Carrots, Onion & Tomato	Citric Acid	Strawberry Ice Cream & Peaches	Dairy, Lactose
Tuesday	Braised Beef & Diced Roast Potatoes	Gluten, Mustard, Tomato	Medley of Vegetables Peas, Babycorn & Cauliflower		Summer Fruit Salad	Citric Acid
Wednesday	Lamb Chilli & Rice	Citric Acid, Tomato	Sour Cream, Tomato & Iceberg Lettuce	Citric Acid, Dairy, Lactose	Orange, Banana & Chocolate Sponge with Custard	Sponge=Citric Acid, Dairy, Egg, Gluten, Lactose Custard=Dairy, Lactose
Thursday	Roast Ham & New Potatoes	Gluten	Peas & Carrots		Strawberry Yoghurt	Dairy, Lactose
Friday	Chicken, Leek & Broccoli Bake	Dairy, Lactose	Penne Pasta & Garlic Bread	Dairy, Gluten, Lactose	Raspberry Jelly & Frozen Yoghurt	Citric Acid, Dairy, Lactose

MENU 2

DAY	MAIN COURSE	CONTAINS	SIDE	CONTAINS	SWEET	CONTAINS
Monday	Turkey Tikka Masala & Rice	Dairy, Lactose, Tomato	Naan Bread & Mixed Salad	Gluten	Peach Melba Yoghurt & Pears	Dairy, Lactose
Tuesday	Lamb or Tuna Bolognese & Pasta	Citric Acid, Tomato Pasta=Gluten	Grated Cheese, Iceberg Lettuce & Grated Carrot	Dairy, Lactose	Bramley Apple & Berry Crumble with Custard	Crumble=Citric Acid, Gluten Custard=Dairy, Lactose
Wednesday	Sausage, Mashed Potato & Baked Beans	Sausages=Gluten Mash=Dairy, Lactose Beans=Citric Acid, Tomato	Carrots & Green Beans		Mini Muffin & Sliced Melon	Dairy, Egg, Gluten,
Thursday	Roast Chicken Thigh & Roast Potatoes	Gluten	Mixed Vegetables Carrots, Sugar Snap Peas & Sweetcorn		Chocolate Mousse & Bananas	Dairy, Lactose, Soya
Friday	Homemade Meatballs, Pasta & Neapolitan Sauce	Pasta=Gluten, Tomato	Tomato, Cucumber & Peppers		Wild Cherry Frozen Yoghurt & Pineapple	Citric Acid, Dairy, Lactose