

# ZEBEDEE'S LUNCH BOX

## NURSERY ALLERGY ADVICE

ZLAA 11/07

### MENU A

DAY	MAIN COURSE	CONTAINS	SWEET	CONTAINS
Monday	Organic Soya & Vegetable Spaghetti Bolognese with Grated Cheese	Soya, Gluten, Tomato, Citric Acid Cheese = Dairy, Lactose	Orange Jelly & Peaches	Citric Acid
Tuesday	Chicken Hot Pot	Tomato, Gluten, Citric Acid	Banana & Date Pudding with Custard	Sponge = Dairy, Lactose, Egg, Gluten Custard = Dairy, Lactose
Wednesday	Beanie Shepherds Pie	Gluten, Tomato, Citric Acid	Mandarin Yoghurt	Dairy, Lactose, Citric Acid
Thursday	Cheesy Pasta with Salmon & Dill	Gluten, Dairy, Lactose	Chocolate & Orange Sponge with Chocolate Custard	Sponge = Dairy, Lactose, Egg, Gluten, Citric Acid Custard = Dairy, Lactose
Friday	Roast Turkey, New Potatoes, Mixed Vegetables & Gravy	Gluten	Pineapple & Peach Melba Yoghurt	Dairy, Lactose, Citric Acid

### MENU B

DAY	MAIN COURSE	CONTAINS	SWEET	CONTAINS
Monday	Tuna & Mackerel Pasta Provençal	Tomato, Gluten, Citric Acid	Strawberry Yoghurt	Dairy, Lactose
Tuesday	Turkey & Root Vegetable Stew & Dumplings	Tomato, Gluten, Citric Acid	Apple & Rhubarb Crumble with Custard	Crumble = Dairy, Lactose, Citric Acid, Gluten Custard = Dairy, Lactose
Wednesday	Chicken & Ham Pie	Gluten, Dairy, Lactose	Fruit Salad	Citric Acid
Thursday	Beef Chilli Pasta	Tomato, Gluten, Citric Acid	Sultana & Raisin Sponge with Custard	Sponge = Dairy, Lactose, Egg, Gluten Custard = Dairy, Lactose
Friday	Sausage, Mashed Potato & Baked Beans	Tomato, Gluten, Citric Acid	Black Currant Yoghurt	Dairy, Lactose, Citric Acid

### MENU C

DAY	MAIN COURSE	CONTAINS	SWEET	CONTAINS
Monday	Beef & Vegetable Dansak	Gluten, Tomato, Citric Acid	Pineapple Yoghurt	Dairy, Lactose, Citric Acid
Tuesday	Meatballs, New Potatoes & Tomato Vegetable Gravy	Tomato, Gluten, Dairy, Lactose, Citric Acid	Apricot & Raisin Flapjack with Custard	Flapjack = Dairy, Lactose, Egg, Gluten Custard = Dairy, Lactose
Wednesday	Fish & Vegetable Gratin	Dairy, Gluten, Lactose	Banana Mousse	Dairy, Lactose, Soya
Thursday	Lamb & Vegetable Lasagne	Gluten, Tomato, Dairy, Lactose, Citric Acid	Vanilla Ice Cream	Dairy, Lactose
Friday	Sausage & Bacon Casserole	Gluten, Tomato, Citric Acid	Cherry Sponge with Custard	Sponge = Dairy, Lactose, Egg, Gluten, Citric Acid Custard = Dairy, Lactose

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