

# Allergy list

# Week 1

Monday	Cheesy pasta	Contains	Gluten/Milk
	Tomato pasta		Gluten/Milk
	Cookie		Gluten

Tuesday	Chicken fajita		Gluten
	Cheese & onion pasty		Gluten/egg/lactose
	Fruit crumble custard		Gluten/lactose

Wednesday	Beef lasagne		Beef/gluten/lactose
	Veg lasagne		Gluten/lactose
	Flapjack		Gluten

Thursday	Chicken & gravy		Gluten/celery
	Frittata		Gluten/egg/lactose
	Ice cream		Lactose

Friday	Sausage & herby dice		Gluten
	Cous cous		Gluten
	Cheese & crackers		Gluten /lactose