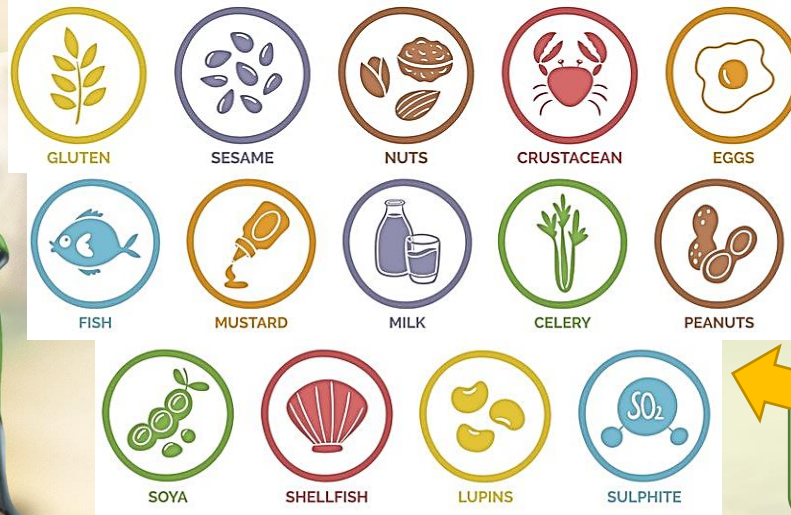


# Allergy Aware Week 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Tomato and Basil Pasta	Chicken and Vegetable Flatbread with Potato Wedges	Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese with Pasta or Jacket Potato	Mild Chicken Curry with Chips or Fluffy Rice
Option 2	Vegetable Chilli with Fluffy Rice	Vegetable Goulash with Mashed Potato	Vegetable Hot Pot	Chickpea and Vegetable Flatbread with Half a Jacket Potato	Vegetable and Bean Pasty with Chips
<b>Available Daily</b> Seasonal Vegetables and Salad Fresh Fruit and Drinking Water Homemade Flatbreads					
Dessert	Chocolate Shortbread With Fruit Slices	Lemon Sponge Cake	Banana Cake	Strawberry Jelly with Peaches	Tropical Fruit Salad

This menu is free from the 14 legal allergens...



## What is an allergy?

For some people, some foods can make them poorly. That food could give them a sore tummy, or itchy skin, or maybe make it harder for them to breath. If someone has a food allergy their body treats some foods as if they are harmful invaders!

Not everyone has a food allergy, but for people that do, it's important that they know what ingredients are in the food they eat so they can stay safe!

## Challenge!

Can you find any of these allergens listed on food packets in your kitchen at home?

