



# ALLERGY-FRIENDLY WEEKEND MENU

This is a sample menu created by PGL which is free from the 14 common allergens: celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, soya, and added sulphites.

It is also free from: avocado, banana, beef, beef (bovine) gelatine, citrus fruits, stone fruits, citrus pectin (E440), coconut, coriander seeds, courgettes, cucumber, fruit juice & squash, gram flour, kiwi fruit, legumes (peas, beans, pulses and lentils), nutmeg, olives, paprika, and pineapple.



## SATURDAY

### Breakfast

Rice cakes and breads (gluten free),  
dairy-free spread, gluten- and dairy-  
free porridge, rice milk

Bacon and hash browns

Mushrooms and plum tomatoes

### Lunch

Sweet potato and chive soup

Selection of pizzas – meat and veggie  
options (gluten-free bases with dairy- and  
soya-free cheese)

Roasted red pepper pasta bake  
(gluten-free pasta)

Salad accompaniment of mixed  
lettuce, leaves, sliced red onion and  
sweetcorn

### Dinner

Chicken fajitas

Loin of pork

With wraps and tacos (gluten free)

Sweetcorn and diced potatoes

Chocolate Rice Krispie cake (gluten,  
dairy and soya free)

## SUNDAY

### Breakfast

Rice cakes and breads (gluten free),  
dairy-free spread, gluten- and dairy-  
free porridge, rice milk

Bacon and sauté potatoes

Mushrooms and plum tomatoes

### Lunch

Tomato and sweet basil soup

Roast turkey

Roast potatoes and sweet potatoes

Broccoli, carrots and cabbage

Gravy (dairy, gluten, soya, egg free)

Chocolate brownies (nut, dairy, gluten,  
soya, egg free)

## FRIDAY

### Dinner

Turkey or veggie gluten-free nachos  
(dairy- and soya-free cheese)

With plain rice or potato fries

Rice pudding (made with rice milk)  
served with warm syrup



# THE RECIPES

**IMPORTANT NOTE:** All featured recipes must be prepared in consultation with a health professional and all measures taken with sterilising equipment to prevent cross-contamination. Refined vegetable oils, such as rapeseed or olive oil (not virgin) are recommended for cooking. Please check labels to ensure any oils used are free from mustard and that ingredients such as honey, maple syrup and golden syrup, which contain naturally occurring sulphites, are safe to consume.

For further details about allergens and what to look out for, please visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)



500g turkey mince (optional)  
2 onions - chopped  
2 peppers - deseeded and chopped  
2 sweet potatoes - diced  
2 potatoes - diced  
1 butternut squash - diced  
400g can chopped tomatoes  
1 large cup of sweetcorn  
4 medium carrots - grated  
2 cloves garlic - crushed

1 dessertspoon of honey  
2 dessertspoons of tomato purée  
Small bunch of fresh chives - chopped  
150ml olive oil  
1 dessertspoon of sugar  
Salt & pepper to taste  
Small bunch of fresh parsley - chopped  
1 dessertspoon of dried mixed herbs (basil, marjoram, oregano, thyme, parsley and sage)  
Gluten-free corn tortilla chips

For the non-veggie version, cook the turkey mince in a large frying pan with half the garlic and mixed herbs before following the recipe below.

Heat the oil and garlic in a pan and add the root vegetables, onions and peppers and cook for 8-10 minutes until they begin to soften. Add the remaining ingredients (and the cooked turkey mince if required) and heat through. Serve with gluten-free tortilla chips or, for a pie, add thinly sliced potatoes brushed with olive oil and bake in the oven for around 30 minutes at 190°C (170° fan) until the potatoes are golden brown.

# RICE PUDDING

(SERVES 4)

500g pudding rice

2 litres rice milk

1 tablespoon caster sugar

Vanilla pod - crushed

Demerara sugar for sprinkling on top or stir in  
golden syrup to taste

Put the rice, caster sugar and vanilla in an oven-proof dish and cover with the rice milk. Bake slowly in the oven at 150°C (fan 130°C) for 1½ – 2 hours until the rice is soft. Sprinkle with demerara sugar or pour over warm golden syrup and serve.

# SWEET POTATO AND CHIVE SOUP

(SERVES 4)

600g sweet potatoes - diced

2 large white onions - chopped

150ml olive oil

1 litre water

Small bunch of chives – chopped

Sweat the onions and sweet potatoes in the olive oil. Once softened add the water and season to taste. Bring to the boil and simmer for 20 minutes.

Using a hand blender, blend until smooth. Add the chopped chives and serve.



# ROASTED RED PEPPER PASTA BAKE

(SERVES 4)

150ml olive oil

2 onions - quartered

2 cloves garlic

4 red peppers – deseeded and quartered

4 tomatoes - halved

400g tin chopped tomatoes

Small bunch flat leaf parsley - chopped

Gluten-free pasta (for 4)

Pre-heat the oven to 190° (fan 170°). Add the peppers and onions to a roasting tin with the olive oil, tomatoes and garlic. Roast slowly for around 30 minutes until they soften and start to colour. Add the chopped tomatoes, season to taste, stir and sprinkle with the parsley. Add the cooked pasta, stir and bake for another ten minutes and serve.



# CHICKEN FAJITAS

(SERVES 4)

650g chicken breast cut into strips  
 400g tin chopped tomatoes  
 3 dessertspoons of honey  
 200g tomato purée sweetened with a pinch of sugar  
 4 large carrots – grated  
 1 red, 1 yellow, 1 green pepper – de-seeded and sliced  
 1 clove of garlic – chopped

200g sweetcorn  
 2 medium red onions  
 1 bunch of spring onions  
 Small bunch of parsley - chopped  
 150ml olive oil  
 Salt and pepper to taste  
 Gluten-free taco shells or wraps (beware of pea starch)  
 Sweetcorn cobettes

In a big wok heat the oil on a high heat. Add the garlic and chicken strips then stir and cover until the vegetables start to soften (2-3 minutes). Add the onions and season.

Now add the peppers and grated carrot. Keep it all moving in the wok.

Next, add the sweetcorn, chopped tomatoes, a dessertspoon of honey and the tomato purée. Cook for 3-5 minutes until chicken is cooked through. Finally add the chopped parsley and serve with warm wraps or taco shells plus steamed sweetcorn cobettes rolled in the rest of the honey.



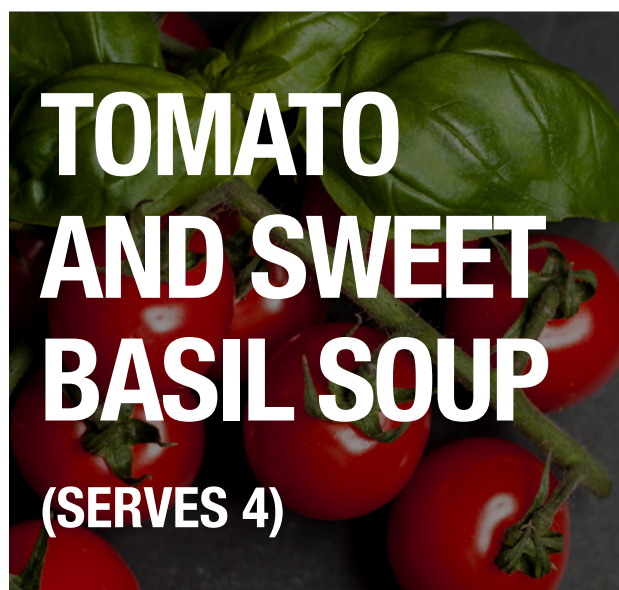


340g Kellogg's Rice Krispies®  
200g dairy-free, soya-free spread  
600g golden syrup

100g 100% cocoa powder - please check the label  
2 teaspoons of vanilla extract

In a pan, warm the spread and the golden syrup on a low heat. Add the cocoa powder and whisk it in. Mix in the Rice Krispies and vanilla extract and turn out into a lightly oiled tray.

Allow to cool and then cut into squares.



400g tin plum tomatoes  
400g tin chopped tomatoes  
Large bunch fresh sweet basil  
Small bunch of fresh basil  
400g shallots

2 cloves smoked garlic - finely chopped  
300 ml water  
1 dessertspoon sugar  
Salt and pepper to taste  
2 tablespoons of olive oil

Sweat the shallots and garlic in the olive oil. Add the tomatoes and simmer for 8-10 minutes to reduce by half. Then add the sugar, salt and pepper and water. Bring to the boil then remove from the heat and blend using a hand blender. Add the torn basil and serve.



# CHOCOLATE BROWNIES

360g of sugar

150g 100% cocoa powder - please check the  
label

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon gluten-free baking powder

225g rice flour

160ml of olive oil

2 dessertspoons maple syrup

Powdered sugar for dusting

Mix all the ingredients together and turn out onto a lightly greased (dairy free spread) shallow baking tray lined with parchment. Smooth out and bake in the oven for 20 minutes at 180° (fan 160°).

Allow to cool, dust with powdered sugar and serve.