DISHES AND THEIR ALLERGEN CONTENT – Mains 1

DISHES						Lupin Flour	Milk		MUSTARD	2		HAM		WHE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese & onion pie wedges & carrots		✓					✓							
Tomato & Basil pasta garlic bread		✓					✓						✓	
Beef lasagne Garlic bread sweetcorn		✓		18			✓		✓				√	
Falafel pockets salad and sweetcorn		√												
chicken sausage mash, veg & gravy	✓	✓		√					✓				✓	
Vegan sausage roll mash, veg & gravy		✓												
Chicken Balti. Rice Naan bread		✓							✓					
Veggie samosa rice and peas		✓												
Bubble fish chips & sweetcorn		✓			√									
Pizza chips and sweetcorn		✓				1	√						✓	

DISHES AND THEIR ALLERGEN CONTENT – Mains 2

DISHES						lupin Flour	Milk		MUSTARD	2				
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheesy Pizza whirls		✓					✓							
Quorn Meatballs sphaghetti		✓												
Meat & Potato Pie Simply diced carrots swede gravy		✓												
Vegetable Pasta														
Chicken mash, roast, veg & gravy														
Chicken mash, roast, veg & gravy		✓												
Mince keema rice & peas														
Quorn fajita chicken rice peas				✓										
Starfish with chips & sweetcorn		✓			✓							i.		
Pizza chips sweetcorn		✓					✓							

DISHES AND THEIR ALLERGEN CONTENT – Mains 3

DISHES						Lupin Flour	Milk		MUSTARD					WHE CO-
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Baked Bean pie wedges veg		✓												
Macaroni cheese veg		✓					✓						✓	
Burger in bun. Sweetcorn peas		✓												✓
Quorn Jolof Rice With sweetcorn peas				✓							3			
Chilli Tacos rice carrots		√												
Pasta bake bread carrots		✓												
fish fingers & chips, sweetcorn		√												
Margherita pizza chips beans		✓					✓							
									×					

DISHES AND THEIR ALLERGEN CONTENT – Jacket Potatoes

DISHES						Lupin Flour	Milk		MUSTARD				£	
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Plain Jacket Potato														
Jacket potato with cheese							√							
Jacket potato with Beans														
Jacket potato with tuna mayo				√	√									
Jacket potato with cheese & beans							✓			9				
Jacket potato with cheese & tuna				✓	✓	•	✓							
Jacket potato with tuna & Beans				√	√									
Jacket potato with cheese, beans & tuna mayo				✓	✓		√							

DISHES AND THEIR ALLERGEN CONTENT – Deserts

DISHES						Lupin Flour	Milk		MUSTARD	2		Man		
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sponge Cake				✓			✓						✓	
Shortbread		✓												
Banana sponge custard				✓			✓		√				√	
Mandarin Jelly														
Ice Cream				ō			√							
Raspberry buns				✓			✓						✓	
Lemon Shortbread		✓				s								
Mandarin sponge chocolate custard				✓			✓						✓	
Apple sponge				✓			✓						✓	
Chocolate drizzle flapjack		√					✓						✓	

