Dishes and their allergen content

Week 1

Dishes					Do.	Lupin Flour	Milk		MUSTARD			Na.		Beer
Monday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tomato mozzarella meatballs	✓	√		✓			✓		✓				✓	✓
Mozzarella no- meatballs							√						√	
Apple crumble		✓		√			~						√	√
Yoghurt							✓							
Fruit														
GF/DF:Veg meatball pasta													✓	
GF/DF:Chocol ate cookie														
Vegan:Veg meatball pasta													✓	
Vegan:Chocol ate cookie														
Jacket and cheese							√							
Wholewheat pasta		✓												

Vegetables									
Cheese for jackets				✓					
Custard/cream	√	√		✓				√	
Bread	√								
Packed lunches	√			√			√		

Dishes						Lupin Flour	Milk		MUSTARD			THEM!		Wine Good
Tuesday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pork sausage in a roll		√		✓			✓					<	~	✓
Veggie sausage in a roll		✓		✓			✓					✓	✓	√
Belgian waffle and fruit		√		√			√						✓	
Yoghurt							✓							
Fruit														
GF/DF:Pork sausage														✓

GF/DF:Fruit cookie									✓
Vegan:Herby banger								√	
Vegan:Fruit cookie									✓
Jacket and beans									
Savoury rice									
Vegetables									
Beans for jackets									
Buns for burgers	✓	√		✓			✓	✓	✓
Bread	√								
Packed lunches	√			✓			√		

Dishes						Lupin Flour	Milk		MUSTARD			UAM		WNE
Wednesday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken breast														

✓	✓		✓			✓	
✓	✓		✓			✓	✓
			√				
✓						✓	
	√	√					
	✓	✓					
√							

Bread	✓							
Packed lunches	~			✓			~	

Dishes						upin Flour	Milk		MUSTARD			THE OWNER OF THE OWNER O		WNE
Thursday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef and vegetable stew	✓													
Cheese and onion pasty	✓	√		√			√		√				√	√
Chocolate sponge		√		√			√						√	
Yoghurt							✓							
Fruit														
GF/DF:Beef stew	√													
GF/DF:Choc brownie													✓	
Vegan:Chunky veg stew	✓													

Vegan:Choc brownie								✓	
Jacket and cheese				✓					
Saute potatoes									
Vegetables									
Cheese for jackets				✓					
Bread	√								
Packed lunches	√			✓			√		

Dishes						upin Flour	Milk		MUSTARD			HAMM		Beer WNE
Friday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef burger		√					√					✓	√	
Cheese and tomato pizza		√					√							
Ice cream							√							

Yoghurt					√				
Fruit									
GF/DF:Vegeta ble burger									
Gf/DF:Ice lolly									
Vegan:Vegeta ble burger									
Vegan:Ice lolly									
Jacket and beans									
Fries									
Vegetables									
Beans for jackets									
Ketchup	✓								
Buns for burgers		√							
Bread		✓						✓	
Packed lunches		√			√			√	

Review date: 17.03.24 Reviewed by: J Honess

