**DISHES AND THEIR ALLERGEN CONTENT ..WEEK 1 (WED)**

(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Celery | Cereals containing gluten\*\* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts\* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Tuna Salad [example] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| Honey (272010)Gammon Horseshoe (GCM) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ¼ Cut Prepped Potatoes (PALIN)Yorkshire Pudding (799150) |  |  Wheat X |  |   X |  |  |  X |  |  |  |  |  |  |  |
| G/F Gravy Mix (215560)Quorn Vegan Fillet (799981) |  |  Wheat X |  |  |  |  |  |  |  |  |  |  |  |  |
| Baton Carrots/ Cauliflower (Palin)Flour (140750)Butter (352210)Milk (154270) |  |  Wheat X |  |  |  |  |   X X |  |  |  |  |  |  |  |
| Pasta (105350) Jacket Potato (Palin) |  | Wheat X |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese (GCM)Beans (1050730) |  |  |  |  |  |  |  X |  |  |  |  |  |  |  |
| 7-Veg Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Review date: 11/10/24 Reviewed by: David Hendry