**DISHES AND THEIR ALLERGEN CONTENT ..WEEK 3 (FRI)**

(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] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| Breaded Fishcake (737600)  Seasoned Wedges (751231) |  | (WHEAT) X |  |  | X |  | X |  | X |  |  |  |  |  |
| Beans (1050730)  Quorn Fishless Fingers (798991) |  | (WHEAT) X |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots (Palin)  Broccoli (Palin) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta (105350)  7-Veg Sauce |  | (WHEAT) X |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato (Palin)  Cheese (GCM) |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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