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

(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)

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Celery | Cereals containing gluten\*\* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts\* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Tuna Salad [example] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| BBQ Chicken  (GCM Thigh Strip in BBQ Glaze) |  |  |  |  |  |  |  |  |  |  |  |  | X |  |
| Tortilla Wrap (787130) |  | (WHEAT) X |  |  |  |  |  |  |  |  |  |  |  |  |
| Fiesta Rice (183000)  Onions/Peppers/Carrots (Palin) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan Nuggets (799921)  BBQ Sauce (176330) |  | (WHEAT) X |  |  |  |  |  |  |  |  |  |  |  |  |
| Butter(352210)  Veg Ratatouille Mix/Green Beans(Palin  7- Veg Sauce) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta (105350)  Jacket Potato (Palin) |  | (WHEAT X |  |  |  |  |  |  |  |  |  |  |  |  |
| Beans (1050730)  Cheese (GCM) |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
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Review date: 11/10/24 Reviewed by: David Hendry