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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 (John Palin) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan Nuggets (799921)  BBQ Sauce (176330) |  | (WHEAT) X |  |  |  |  |  |  |  |  |  |  |  |  |
| Butter / 7-veg sauce  Veg Ratatouille mix/green beans/Palin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta(105350)  7-Veg Sauce |  | (WHEAT) X |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato (John Palin)  Beans(1050730) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese (GCM) |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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