**DISHES AND THEIR ALLERGEN CONTENT Week 2 Thursday**

(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] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| Asian Marinated Pork Steak5 Spiced Peppers |    |  Wheat   |  |    |  |  |    |  |    |  |  |  |    |   |
| Asian Marinated Quorn Fillet5 spiced Peppers |  |  Wheat  |  |   |  |  |   |  |  |  |  |  |  |  |
| Coriander & SesameNoodlesStir Fry Vegetables |  |   Wheat   |  |  X   |  |  |   |  |  |  |  |  X |  |  |
| Pasta 7-Veg SauceJacket PotatoCheese / Beans |   |  Wheat   |  |   |  |  |  X    |  |   |  |  |  |   |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Review date: 19/5/25 Reviewed by: D Hendry