**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)

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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] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| Asian Marinated Pork Steak  5 Spiced Peppers |  | Wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian Marinated Quorn Fillet  5 spiced Peppers |  | Wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Coriander & Sesame  Noodles  Stir Fry Vegetables |  | Wheat |  | X |  |  |  |  |  |  |  | X |  |  |
| Pasta 7-Veg Sauce  Jacket Potato  Cheese / Beans |  | Wheat |  |  |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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