**DISHES AND THEIR ALLERGEN CONTENT Week 3 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] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| Mexican Chilli Beef Nachos  Salsa / Cheddar |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Quorn Chilli Nachos  Salsa / Cheddar |  | Wheat |  |  |  |  | X |  |  |  |  |  |  |  |
| Fiesta Rice  Buttered Corn On The Cob |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Pasta 7-Veg Sauce |  | Wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato  Baked Beans / Cheese |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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