**DISHES AND THEIR ALLERGEN CONTENT Week 1 Wednesday**

(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] | **✓** |  |  | **✓** | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| Lasagne Al Forno  Garlic Bread |  | Wheat  Wheat |  |  |  |  | X  X |  |  |  |  |  |  |  |
| Spicy Quorn Quesadilla |  | Wheat |  |  |  |  | X |  |  |  |  |  |  |  |
| Summer Salad  Creamy Coleslaw |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Pasta 7- Veg Sauce  Arrabbiata Sauce |  | Wheat |  |  |  |  |  |  |  |  |  |  |  |  |
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Review date: 19/5/25 Reviewed by: D Hendry