Dishes and their allergen content

Week 2

Week Z														
Dishes						Lupin Flour			MUSTARD	2		Har Contraction of the second se		Beer WNE
Monday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage and gravy		~											√	~
Quorn sausage and gravy		✓												
Arctic roll		~		\checkmark			\checkmark						~	
Yoghurt							√							
Fruit														
GF/DF:Por k sausage														\checkmark
GF/DF:Ch ocolate brownie														
Vegan:Veg an sausage		~												
Vegan:Cho colate brownie														
Jacket and cheese							√							

Potatoes								
Vegetables								
Gravy								
Cheese for jackets				✓				
Bread	~							
Packed lunches	✓			\checkmark			\checkmark	

Dishes			×.			Lupin Flour			MUSTARD			Ha	Sec.	
Tuesday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bolognese pasta		√					~							
Roasted veg pasta		~					\checkmark							
lced apple cake		~		\checkmark			\checkmark						\checkmark	\checkmark
Yoghurt							\checkmark							
Fruit														

GF/DF:Bol ognese pasta										
GF/DF:Frui t cookie										√
Vegan:Veg bolognese pasta										
Vegan:Frui t cookie										√
Jacket and beans										
Pasta		~								
Salad	\checkmark									
Garlic bread		~			\checkmark				\checkmark	
Beans for jackets										
Bread		~								
Packed lunches		~			√			1		



Wednesday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef pie roast	\checkmark	~		\checkmark			√		~				✓	~
Cheese onion pasty roast	\checkmark	~		\checkmark			\checkmark		√				~	√
Blueberry muffin		~		\checkmark			√						✓	
Yoghurt							~							
Fruit														
GF/DF:Her by banger													✓	
GF/DF:Spo nge cake				\checkmark										
Vegan:Her by banger													√	
Vegan:Cak e		~												
Jacket tuna salmon mayo				V	√				~					
Roast potatoes														
Vegetables														

Tuna mayo for jackets		√	√		\checkmark			
Cauli/mac cheese	\checkmark			\checkmark	\checkmark			
Gravy								
Bread	\checkmark							
Packed lunches	✓			\checkmark			√	

Dishes			No.			Lupin Flour			MUSTARD					
Thursday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken fajita and nachos		1											✓	
Quorn fajita and nachos		√		V									~	
Chocolate apple pudding		✓		√			~						~	
Yoghurt							\checkmark							
Fruit														

GF/DF:Me xican chicken									\checkmark	
nachos GF/DF:Ch ocolate brownie										
Vegan:Veg wrap and nachos		~							\checkmark	
Vegan:Cho colate brownie										
Jacket and cheese					\checkmark					
Rice										
Salad	\checkmark									
Nachos									\checkmark	
Wraps		~								
Packed lunches		√			\checkmark			~		



Friday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese burger		~					√					1	✓	\checkmark
Cheese and tomato pizza		~					✓							
Ice cream							~							
Yoghurt							1							
Fruit														
GF/DF:Fis h fingers					\checkmark									
Gf/DF:Ice lolly														
Vegan:Fish less fingers		~												
Vegan:Ice Iolly														
Jacket and beans														
Fries														
Salad	√													
Beans														

Buns for burgers		✓						\checkmark	
Grated cheese for burgers					\checkmark				
Ketchup	\checkmark								
Bread		~							
Packed lunches		√			\checkmark			\checkmark	

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Reviewed by: J Honess

