

WEEK 1

DISHES AND THEIR ALLERGEN CONTENT

	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Naan Bread		YES												
Chicken Korma									YES	MAY	MAY			
Quorn Cottage Pie		YES												
Battered Cod		YES												
Pork Sausages		YES												
Vegan Sausage Roll		YES												
Chips														
Chicken Enchilada		YES					YES					YES		
Spaghetti Bolognese		YES					YES							
Pasta Bake		YES					YES							
Battered Cod					YES									
Pork Sausage														YES

MAY = May contain traces of...

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Red Lentil Curry														
Chicken Burger	YES	YES										YES		
Sweet Potato Enchilada		YES					YES					YES		
Roast Turkey														
Stuffing		YES - oats												
Yorkshire Pudding		YES		YES			YES							
Cauliflower Bake		YES					YES							

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