Dishes and their allergen content – <u>DELI Allergens</u>

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Мауо				✓					✓					
Ham														
Tuna Mayo				√	~				✓					
Coleslaw				✓					✓					
Cheese							 ✓ 							
Margarine							 ✓ 							
Wraps		~												
Buns 50/50		✓											✓	
Pepperoni														
Tiger Roll													✓	
French Stick													✓	
Crackers		✓												

Dishes and their allergen content – WEEK 1 – Chilli Beef (Monday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Beef Chilli Con Carne	~	V		May Contain			~		May Contain				May Contain	
Boiled Rice														
Fine Green Beas														
Vegetarian Chilli Quorn		√		✓										
Lemon Drizzle Cake		√		~			~						 ✓ 	

Dishes and their allergen content -

WEEK 1 – Sweet & Sour Chicken with Noodles (Tuesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Sweet & Sour Chicken														
Noodles		~												
Broccoli														
Vegan Sweet & Sour Quorn														
Shortbread		✓												

Dishes and their allergen content – WEEK 1 – Home made sausage roll, mash and beans (Wednesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Sausage Roll		✓					✓							v
Mashed Potato							✓							
Baked Beans														
Vegetarian Cheese & Onion Pasty		 ✓ 					√							
Crepes		 ✓ 		√			✓							
Fruit Sauce														

Dishes and their allergen content – WEEK 1 – Roast Turkey dinner (Thursday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Roast Turkey														
Roast potatoes														
Cabbage														
Carrots														
Peas														
Stuffing	May Contain	Ý					May Contain							
Gravy	~	V		May Contain			~		May Contain				May Contain	
Vegan Quorn Fillets		✓ 												
Brownie		✓		✓			May Contain						May Contain	

Dishes and their allergen content – WEEK 1 – Battered Fish Fillet, Chips and Peas (Friday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fish Fillet		√			~									
Chips														
Peas														
Vegetarian Burger		✓		√			~							
Flapjack		✓												

Dishes and their allergen content – WEEK 2 – Ham & Cheese Panini with Tortilla Chips (Monday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Ham & Cheese Panini		×					~							
Tortilla Chips		May Contain											May Contain	
Carrots														
Cucumber														
Vegetarian Cheese Panini		✓					✓							
Carrot Cake		 ✓ 		V			May Contain							

Dishes and their allergen content – WEEK 2 – Chinese Chicken Curry & Fried Rice (Tuesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken														
Curry Sauce		√							✓					
Fried Rice													~	+
Peas														
Vegan Quorn Fillet		✓												
Bananas														
Toffee Sauce							~							

Dishes and their allergen content – WEEK 2 – Spaghetti Bolognaise (Wednesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Bolognaise	✓	~		May Contain			~		May Contain					
Pasta		✓												
Garlic Bread		✓												
Vegan Ragu														
Ginger Biscuit		×												

Dishes and their allergen content – WEEK 2 – Roasted Gammon (Thursday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Roast														
Gammon														
Roast														
potatoes														
Carrots														
Peas														
Cabbage														
Gravy	V	✓		May Contain			~		May Contain				May Contain	
Vegan Meatballs		✓												
Vegan Gravy														
Scones wit Jam & Cream		√					√						✓	

Dishes and their allergen content – WEEK 2 – Fish, Chips and mushy peas/beans (Friday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fish Fillet		✓			~									
Chips														
Beans														
Mushy Peas														
Omlette				√										
Oaty Cruch Biscuit		×												

Dishes and their allergen content -

<u>WEEK 3 – Pizza Pocket (Monday)</u>

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pizza Pocket		✓					✓							
Tortilla Chips														
Veg Sticks														
Chocolate Cake		*		✓										
Chocolate Custard							~							

Dishes and their allergen content –

WEEK 3 – Chicken Korma with Boiled Rice (Tuesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken							✓							
Korma														
Boiled Rice														
Naan Bread		\checkmark												
Vegan Korma														
Broccoli														
Frozen Yoghurts							~							

Dishes and their allergen content – WEEK 3 – Beef Burger with Diced Potatoes (Wednesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Beef Burger		✓											~	~
Bread Bun		✓											~	
Diced Potatoes														
Sweetcorn														
Vegetarian Quorn Burger		✓		✓										
School Cake		✓		~			V						~	

Dishes and their allergen content – WEEK 3 – Sausage, Mash, Yorkshire Pudding and Gravy (Thursday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Butcher's Sausages														
Mashed Potatoes							~							
Yorkshire Pudding		V		~			~							
Peas														
Gravy	 ✓ 	V		May Contain			V		May Contain				May Contain	
Vegan Quorn Sausage		✓												
Vegan Gravy														
Trifle							 ✓ 							

Dishes and their allergen content – WEEK 3 – Fish fillet burger, Chips and Beans (Friday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fish fillet		✓			✓									
Chips														
Beans														
Vegetarian Garlic Mushrooms														
Creamy Sauce							✓							
Cashia		√		√			✓						May	
Cookie		Ŷ		¥									Contain	