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		\checkmark												
Buns 50/50		✓											~	
Pepperoni														
Tiger Roll													~	
French Stick													 ✓ 	
Crackers		 ✓ 												

WEEK 1 – Jacket Potatoes (Monday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Jacket potato															
Cheese							~								
Tuna Mayo				~	~				√						
Beans															
Carrot Sticks															
Cucumber															
Double Chocolate Fudge Cake		✓		✓			✓ ✓								

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Rice															
Chicken															
Sweet Chilli Sauce															✓
Green Beans															
Quorn Pieces		√		✓											
Shortbread		√													

WEEK 1 – Sweet Chilli Chicken & Boiled Rice (Tu	esdav)

Dishes and their allergen content – WEEK 1 – Pulled Pork & BBQ Beans(Wednesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Bread Barm		~											✓		
Pork															
BBQ Beans															✓
Coleslaw				√											
Vegetarian Burger		~		✓			×								
Apple Crumble & Cream		✓					√								

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	Garlic
Turkey															
Roast potatoes															
Gravy	✓	✓					✓								\checkmark
Carrots															
Cauliflower															
Quorn Fillets		✓													
Oaty Crunch Biscuits		√													

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	Garlic
Fish		✓			✓		✓		\checkmark						
Cakes															
Chips															
Peas															
Tomato Sauce															
Pasta		✓					✓								
Jam Tarts		V		May contain			May contain			May contain	May contain			May contain	

WEEK 2 – Jacket Potatoes (Monday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Jacket potato															
Cheese							✓								
Tuna Mayo				✓	~				✓						
Beans															
Lettuce															
Cucumber															
Sweetcorn															
Lemon Drizzle Cake		✓ 		*			✓								

Dishes and their allergen content – WEEK 2 – Chicken Tikka Wraps & Rice (Tuesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Rice															
Chicken Tikka															~
Wraps		✓													~
Lettuce															
Cucumber															
Sweetcorn															
Quorn Tikka Pieces				✓											✓
Cheesecake		*					~								

Dishes and their allergen content – WEEK 2 – Beef Burger in a Bun (Wednesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Beef Burger	~	✓											✓	✓	
Bun		✓											✓		
Chips															
Sweetcorn															
Vegetable Burger		√		×			✓								
Millionaire Shortbread		✓					~								

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

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Roast Ham															
Roast potatoes															
Gravy	~	~					~								~
Cauliflower															
Carrots															
Vegetable Pie		✓					~								
Victoria Sponge Cake		 ✓ 		√			~			May Contain	May Contain				May Contain

WEEK 2 – Fish fingers, Mashed Potato & Baked Beansand peas (Friday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Fish Fingers		✓			~		~		✓						
Mash Potato							~								
Baked Beans															
Cheese & Onion Pasty		*					~								
Jelly							May contain							May contain	

WEEK 3 – Cheese & Onion Pie (Monday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	
Cheese & Onion Pie		✓					~								~
Baked Beans															
Carrot Cake		V		✓											

WEEK 3 – Homemade BBQ Sauce & Chicken (Tuesday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Savoury Rice															✓
Corn on Cob															
BBQ chicken															✓
BBQ Quorn Fillet		×		V											✓
Jaffa Cake		 ✓ 		✓			×								

Dishes and their allergen content – <u>WEEK 3 – Spaghetti Bolognaise (Wednesday)</u>

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Spaghetti Bolognaise	~	~					~								~
Pasta		✓													
Broccoli															
Garlic Bread		~								May contain coconut					✓
Quorn Mince		✓ 		✓											✓
Flapjacks		√													

Dishes and their allergen content – WEEK 3 – Sausage, mash and gravy (Thursday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Butcher's Sausages		~												~	
Yorkshire Pudding		✓		~			~								
Mash							✓								
Gravy	✓	\checkmark					✓								✓
Peas															
Vegetable Sausage		✓ 													
Ginger Biscuit		¥													

Dishes and their allergen content – WEEK 3 – Fish fingers, chips and peas (Friday)

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Garlic
Fish fillet		✓			~				✓						
Bun		~											√		
Chips															
Peas															
Fried Egg & Cheese Muffin		v		✓			√						✓		
Toffee Tarts		√					~								