


# DISHES AND THEIR ALLERGEN CONTENT WEEK 2– Humberston Cloverfields Academy

items														
WEEK TWO	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Quorn burger & oven baked wedges (lamb western)		✓		✓			✓							
Spaghetti Bolognaise		✓												
Roast of the day with knorr gravy														
Lasagna & garlic bread (craigmiller bread mix)		✓		✓			✓						✓	✓
Fish cake (34899) & chips		✓			✓									
Cornflake tart & custard		✓					✓							✓
Rice pudding & fruit compote							✓							✓
Courgette sponge & custard		✓		✓			✓							
Ginger biscuit & milk		✓					✓							
Fruit flapjack		✓												