

DISHES AND THEIR ALLERGEN CONTENT WEEK 3– Humberston Cloverfields Academy

items														
WEEK THREE	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Quorn Sausage in a bun & oven baked wedges (lamb western)		✓		✓			✓							
Tuna pasta bake		✓			✓									
Roast of the day with knorr gravy														
Chicken pasta & garlic bread		✓		✓			✓						✓	✓
Vinegar fish chips		✓			✓								✓	
Carrot & orange cake		✓		✓										✓
Jam roly poly & custard		✓					✓							✓
Mandarin orange sponge & chocolate sauce		✓		✓			✓							
Apple crumble & custard		✓					✓							
Ginger biscuit & milk		✓					✓							