Dishes and their allergen con	tent for The	Rackham	Primary Scho	ool										
Sept 25 to Feb 26	Gluten	Egg	Crustaceans	Celery	Soya	Sesame	Sulphur Dioxide	Lupin	Milk	Molluscs	Fish	Mustard	Tree Nuts	Peanuts
Main Dishes	s e	48			4.0									多数
Sausages														
Fish fingers	<b>✓</b>										✓			
Pizza	<b>✓</b>								<b>√</b>					
Breaded chicken	<b>√</b>													
Roast chicken														
Tomato and herb pasta	<b>✓</b>													
Vegetable nuggets	✓													
Jacket potato														
Cauliflower cheese	<b>√</b>								✓					
Quorn mince	<b>✓</b>	<b>√</b>												
Macaroni cheese	<b>√</b>								<b>√</b>			<b>√</b>		
Herby vegetarian sausages					<b>√</b>									
Veggie fingers	<b>✓</b>													
Quorn fillet	<b>√</b>													
Veggie lasagne	<b>✓</b>								<b>√</b>					
Veggie shepherds pie	<b>✓</b>	<b>√</b>												
Chilli con Carne	<b>✓</b>													
Sauage rolls	<b>✓</b>								<b>√</b>					
Vegan sausage rolls	<b>√</b>													

Falafel	<b>√</b>								
Cottage pie									
Chicken and bacon pasta	<b>√</b>					✓		✓	
Vegetable & spinach pakoras	<b>√</b>								
Veggie Curry						<b>√</b>			
Tomato and veg pasta	✓								
Tuna & cheese nuggets	✓	<b>√</b>				✓			
Roast potatoes									
Yorkshire pudding	✓	<b>√</b>				✓			
Diced potatoes									
Hash browns									
Oven chips									
Baked beans									
Gravy	_			_		_	_		_
Spaghetti hoops	<b>√</b>								