## DISHES AND THEIR ALLERGEN CONTENT – THE ACORNS SCHOOL

| DISHES                                                   |        |                           |             |          |          | lupin<br>Flour | Milk     |         | MUSTARD  |          |         | MSAME ON THE PROPERTY OF THE P | - DE     | Baer               |
|----------------------------------------------------------|--------|---------------------------|-------------|----------|----------|----------------|----------|---------|----------|----------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------------------|
|                                                          | Celery | Cereals containing gluten | Crustaceans | Eggs     | Fish     | Lupin          | Milk     | Mollusc | Mustard  | Nuts     | Peanuts | Sesame<br>seeds                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Soya     | Sulphur<br>Dioxide |
| Cottage Pie                                              |        |                           |             | <b>✓</b> |          |                | <b>✓</b> |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Jacket Potato/<br>Tunna Mayonnaise<br>& Cheese           |        | <b>✓</b>                  |             |          | <b>✓</b> |                | <b>✓</b> |         | <b>✓</b> |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>✓</b> |                    |
| Roast Dinner                                             |        | <b>✓</b>                  |             | <b>✓</b> |          |                | <b>✓</b> |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>✓</b> |                    |
| Pizza & Salad                                            |        | <b>✓</b>                  |             |          |          |                | <b>√</b> |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Wedges/Curry<br>sauce, peppers,<br>onions &<br>mushrooms |        |                           |             |          |          |                | <b>✓</b> |         | <b>✓</b> | <b>✓</b> |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Beans & Cheese on Toast                                  |        | <b>✓</b>                  |             |          |          |                | <b>✓</b> |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Bacon Rolls                                              |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Beef Burgers /<br>Wedges & Onion<br>Rings                |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Turkey & Stuffing Baguettes                              |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Tuna & Cheese<br>Melt                                    |        | <b>✓</b>                  |             |          | <b>✓</b> |                | <b>✓</b> |         |          |          |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |
| Sausage/Mash<br>Potato &<br>Vegetables                   |        |                           |             | <b>√</b> |          |                | <b>✓</b> |         |          | <b>✓</b> |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |                    |

| DISHES                              |        |                           |             |          | A.       | Jupin<br>Flour | Milk     |         | MUSTARD  |          |         | SSAMI           |      | Beer               |
|-------------------------------------|--------|---------------------------|-------------|----------|----------|----------------|----------|---------|----------|----------|---------|-----------------|------|--------------------|
|                                     | Celery | Cereals containing gluten | Crustaceans | Eggs     | Fish     | Lupin          | Milk     | Mollusc | Mustard  | Nuts     | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Chicken Pie                         |        | <b>\</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Pasta Bolognaise &<br>Garlic Bread  |        | <b>✓</b>                  |             | <b>√</b> |          |                |          |         |          |          |         |                 |      |                    |
| Breaded Chicken<br>Burger & Salad   |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Meat & Potato Pie                   |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Chicken Curry & Rice                |        | <b>✓</b>                  |             |          |          |                | <b>✓</b> |         | <b>✓</b> | <b>✓</b> |         |                 |      |                    |
| Fish Fingers/Mash<br>Potato & Beans |        | <b>✓</b>                  |             | V        | <b>✓</b> |                | <b>✓</b> |         |          |          |         |                 |      |                    |
| Cheese & Ham<br>Toastie             |        | <b>✓</b>                  |             |          |          |                | <b>✓</b> |         |          |          |         |                 |      |                    |
| Ham Sandwich                        |        | <b>\</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Cheese Sandwich                     |        | <b>✓</b>                  |             |          |          |                | <b>✓</b> |         |          |          |         |                 |      |                    |
| Turkey Sandwich                     |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Tuna Sandwich                       |        | <b>✓</b>                  |             |          | <b>✓</b> |                |          |         | <b>✓</b> |          |         |                 |      |                    |

| DISHES                                            |        |                           |             |          |          | Lupin<br>Flour | Milk     |         | MUSTARD  |          |         | SISAMI<br>OR    |      | WINE               |
|---------------------------------------------------|--------|---------------------------|-------------|----------|----------|----------------|----------|---------|----------|----------|---------|-----------------|------|--------------------|
|                                                   | Celery | Cereals containing gluten | Crustaceans | Eggs     | Fish     | Lupin          | Milk     | Mollusc | Mustard  | Nuts     | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Roast Beef & Onion<br>Baguettes                   |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Breaded Pork Steak,<br>Wedges & Veg               |        | <b>✓</b>                  |             | <b>✓</b> |          |                | <b>✓</b> |         |          |          |         |                 |      |                    |
| Chille Con Carne & Rice                           |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Tuna Pasta, onions & peppers                      |        | <b>✓</b>                  |             |          | <b>✓</b> |                |          |         |          |          |         |                 |      |                    |
| Chicken Kebab &<br>Salad                          |        | <b>√</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Sausage Roll &<br>Beans                           |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Chicken Korma & Rice                              |        | <b>√</b>                  |             |          |          |                | <b>√</b> |         | <b>✓</b> | <b>√</b> |         |                 |      |                    |
| Tomato Arrabbiata<br>Pasta Bake & Garlic<br>Bread |        | <b>✓</b>                  |             | V        |          |                |          |         |          |          |         |                 |      |                    |
| Hotdog & Onions                                   |        | <b>√</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Crispy Chicken Wrap<br>& Salad                    |        | <b>✓</b>                  |             |          |          |                |          |         |          |          |         |                 |      |                    |
| Chicken Kiev &<br>Wedges                          |        | <b>√</b>                  |             | V        |          |                | <b>✓</b> |         |          |          |         |                 |      |                    |
| Meatballs/Gravy/Mash<br>Potato & Veg              |        | <b>✓</b>                  |             | <b>✓</b> |          |                |          |         |          |          |         |                 |      |                    |

Reviewed by: K Martindale

Review date: February 2020

