

# Allergen Chart

Week 1

Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cheese & Tomato Pizza	Yes							Yes						
Chick & Veg Stir Fry Noodles	Yes						Yes							
Stir Fry Vegetable Noodles	Yes						Yes							
Pork Sausage	Yes											Yes		
Meat Free Sausage	Yes													
Chicken Tikka Curry														
Vegetarian Tikka Curry									Yes					
Cod Fish Fingers	Yes			Yes										
Fishless Fingers	Yes													
Creamy Mashed Potato														
Steamed Rice														
Baked Potato Wedges														
All Vegetables														
Gravy (also vegetarian)														
Flapjack	May													
Blueberry Muffins	Yes		Yes											
Iced Vanilla Sponge	Yes		Yes											
Jam Tart	Yes													
Chocolate Sponge	Yes		Yes											
Custard								Yes						
Chocolate Custard								Yes						
Fresh Fruit														
Yoghurt								Yes						

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Coleslaw			Yes							Yes				
Tuna				Yes										
Boiled Egg			Yes											
Croutons	Yes													
Bread and Butter	Yes						Yes							