

Allergen Chart

Week 3

Dish	Gluten	Crustacians	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegetable Curry									Yes					
Swet & Sour Chicken							Yes			Yes				
Sweet & Sour vegetables							Yes		Yes	Yes				
Roast Turkey/Beef														
Vegan Roast							Yes							
Carbonara With Peas	Yes							Yes						
Vegetarian Carbonara	Yes							Yes						
Cottage Pie														
Vegetarian Cottage Pie									Yes					
Spaghetti	Yes													
Jacket Potato														
Roast Potatoes														
Steamed Rice														
All Vegetables														
Baked Beans														
Gravy (also vegetarian)														
Homemade Rice Pudding								Yes						
Fruit Jelly														
Lemon Drizzle Cake	Yes		Yes											
Apple & Cinnamon Sponge	Yes		Yes											
Smartie Cookies	Yes							Yes						
Custard								Yes						

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Fresh Fruit														
Yoghurt								Yes						
Coleslaw			Yes							Yes				
Tuna				Yes										
Boiled Egg			Yes											
Croutons	Yes													
Bread and Butter	Yes						Yes							