

Allergen Chart

Week 1

Dish	Gluten	Crustaceans	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cheese & Herb Pinwheels	Yes							Yes						
Teriyaki Chicken	Yes						Yes							
Teriyaki Roasted Vegetables	Yes						Yes							
Bologanaise														
Vegetarian Bolognaise									Yes					
Lemon & Herb Chicken														
Roasted Lemon & Herb Veg														
Oven Baked Cod	Yes			Yes										
Vegetable Fingers	Yes													
Egg Fried Rice			Yes											
Spaghetti	Yes													
New Potatoes														
Mashed potatoes														
Oven Baked Chips														
All Vegetables														
Assorted Ice Cream								Yes						
Chocolate Sponge	Yes		Yes											
Homemade Shortbread	Yes													
Iced Vanilla sponge	Yes		Yes											
Vanilla Bakewell Tart	Yes		Yes											
Chocolate Custard								Yes						
Custard								Yes						
Fresh Fruit														
Yoghurt								Yes						

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Coleslaw			Yes							Yes				
Tuna				yes										
Boiled Egg			Yes											
Croutons			Yes					May						
Bread And Butter	Yes						Yes							