

DISHES AND THEIR ALLERGEN CONTENT –MAIN COURSE WEEK 1

DISHES														
MAIN COURSE	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MINCED BEEF AND VEGETABLE LASAGNE		✓					✓							
ROASTED VEGETABLE ,QUORN AND SPINACH MACARONI		✓		✓			✓							
PULLED PORK WRAP		✓					✓		✓					
JERK CHICKEN AND RICE WRAP		✓												
VEGETABLE SAMOSA		✓												
ROAST CHICKEN														
ROAST GAMMON														
CHEESE , ONION,BAKED BEAN AND POTATO FLAN		✓					✓							
BATTERED COD FILLET		✓			✓									
POPCORN CHICKEN		✓					✓							
PIZZA CHEESE AND TOMATO		✓					✓							
TAKE AWAY PANINIS		✓					✓							

Review date:
JULY 2017

Reviewed by: AJ