## Week Two – Dishes and their allergen content

(Note – Please state the name of the cereal(s) containing gluten<sup>\*</sup> and/or the name of the nut(s)<sup>†</sup>)

Dishes			Y.			Lupin Flour			MUSTARD				6	
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphites
Pasta		$\checkmark$												
Cheese Sauce							$\checkmark$							
Tomato Sauce														
Filled Jacket Potato *														
Garlic Bread		$\checkmark$												
Sweetcorn														
Broccoli														
Ice Cream							$\checkmark$							
Fresh Fruit														

Dishes						Lupin Flour			MUSTARD					
	Celery	Cereals containing gluten*	Crustacean s	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphites
Yogurt							$\checkmark$							
Sausage in a roll		$\checkmark$										√*		~
BBQ Sauce														
Veggie Sausage in a roll		$\checkmark$										√*		
Crispy Cubed Potaoes														
Baked Beans														
Caulliflower														
Shortbread Biscuit		$\checkmark$												

Dishes						Lupin Flour	Mik L		MUSTARD		0	Rox Control of the second seco	600	
	Celery	Cereals containing gluten*	Crustacean s	Eggs	Fish	Lupin	Milk	Mollusc	Mustar d	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphites
Roast Gammon														
Yorkshire Pudding		$\checkmark$		$\checkmark$			$\checkmark$							
Gravy														
Ratatouille Puff		$\checkmark$												
Roast Potatoes														
Peas														
Carrots														
Jelly with Topping							$\checkmark$							

Dishes						Lupin Flour			MUSTARD				6 <u>8</u>	Cart WNE
	Celery	Cereals containing gluten*	Crustacean s	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphites
Greek Meat Balls		$\checkmark$												
Tomato Sauce														
Tzatziki														
Veggie Meatballs													$\checkmark$	
Rice														
Fruit Crumble		$\checkmark$												
Custard							$\checkmark$							
Battered Fish Fillet		$\checkmark$			$\checkmark$									
Cheese & Broccoli Quiche		$\checkmark$		$\checkmark$			$\checkmark$							
Chipped Potatoes														
Peas														
Jaffa Chocolate Sponge		$\checkmark$		$\checkmark$										

Chocolate Sauce						$\checkmark$					
		Jacket Potato	o Fillings – C	heese (dairy	*May Cont /), Baked Be		ayonaise (I	Fish, Egg, I	Mustard)		