Dishes and their allergen content

Week 3

Dishes						Lupin Flour	Milk		MUSTARD			MAAM		WNE CARE
Monday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pork and tomato pasta		√					√		√				√	
Quorn tomato pasta		✓		✓			✓		✓				√	
Croissant and fruity jam		✓		√			√						√	
Yoghurt							√							
Fruit														
GF/DF:Pork and tomato pasta														
GF/DF:Fruit cookie														✓
Vegan:Quor n tomato pasta		√											✓	
Vegan:Fruit cookie														✓
Jacket and cheese							✓							

Pasta		✓								
Salad	✓									
Vegetables										
Cheese for jackets					√					
Jam for croissants										
Bread		✓								
Packed lunches		✓	√		√	√		√		
Cold meal boxes	✓	✓	√		✓			✓	✓	

Dishes			South Services			upin Flour	Milk		MUSTARD			MEAN		Boar
Tuesday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken fajita wrap		✓												
Vegetable fajita wrap		✓												

Fruit crumble and cream		✓			√			√	
Yoghurt					~				
Fruit									
GF/DF:Mex ican chicken									
GF/DF:Cho colate cookie									
Vegan:Vege table fajita wrap		√							
Vegan:Choc olate cookie									
Jacket and beans									
Rice									
Salad	✓								
Vegetables									
Beans for jackets									
Cream for crumble					√				
Wraps for fajitas		√							

Bread		✓								
Packed lunches		~	~		✓	~		~		
Cold meal boxes	✓	✓	√		√			√	✓	

Dishes						upin Flour	Milk		MUSTARD			USAM OA		Baer
Wednesday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pork sausage		✓											>	√
Quorn sausage		√												
Vanilla shortbread		√					√							
Yoghurt							✓							
Fruit														
GF/DF:Pork sausage														√
GF/DF:Fruit cookie														√
Vegan:Quor n sausage		√												

Vegan:Fruit cookie										✓
Jacket cheese					√					
Roast potatoes										
Vegetables										
Cheese for jackets					√					
Yorkshire		√	✓		✓					
Gravy										
Gluten free/Vegan Yorkshire									✓	
Bread		✓								
Packed lunches		✓	√		√	✓		√		
Cold meal boxes	√	√	✓		✓			√	✓	































Thursday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken parmigiana		√					√							
Tomato pasta melt		√					√							
Sticky toffee pudding & ice cream		√		√			√						√	
Yoghurt							✓							
Fruit														
GF/DF:Med iterranean veg pasta														
GF/DF:Cho colate cake														
Vegan:Medi terranean veg pasta		√												
Vegan:Choc olate cake														
Jacket and cheese							√							
Pasta		√												
Salad	√													

Vegetables										
Bread		√								
Packed lunches		√	√		√	✓		✓		
Checklist	✓	✓	√		√			√	✓	
Cold meal boxes										

Dishes					D.	Lupin Flour	Milk		MUSTARD			Huan Hand		See WNE
Friday	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Battered fish		~			✓									
Salmon fishcake		√			✓									
Cheese and tomato pizza		>					~							
Ice cream and fruit							>							
Yoghurt							√							
Fruit														

GF/DF:Batt ered fish				✓						
Gf/DF:Ice lolly										
Vegan:Fishl ess fingers		✓								
Vegan:Ice lolly										
Jacket and beans										
Chips										
Salad	✓									
Beans										
Ketchup	✓									
Bread		√								
Packed lunches		√	√		√	√		✓		
Cold meal boxes	✓	√	√		√			✓	√	

Review date: 08.12.2025 Reviewed by: J Honess

