

Dishes and their allergen content—Week 1 Menu

* Please state the name of the cereal/s (containing gluten) AND/OR the name of the nut in that column.

DISHES		 Cereals containing gluten**	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts*	 Peanuts	 Sesame seeds	 Soya	 Sulphur dioxide
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Fish fingers		√ wheat			√									
Veggie Finger		√ wheat							√					
Herby Potatoes		√ wheat												
Chocolate Crunch		√ wheat		√										
Sausage Pasta		√ wheat												
Veggie Pasta		√ wheat												
Blueberry Muffin		√ wheat		√			√						√	
Apple & Toffee Cake		√ wheat		√			√						√	
Whole Wheat Pasta		√ wheat												
Garlic Bread		√ wheat												
Yogurt							√							
Chicken Goujons		√ wheat												
Pizza Slice		√ wheat												
Yum Yums		√ wheat		√			√						√	