

## **ALLERGEN SHEET**



Menu Item	Celery	Cereals containing Gluten	Crustaceans (Shellfish)	Eggs	Fish	Lupin	Milk	Molluscs (Shellfish)	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
WEEK ONE	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Chicken Pilau, Naan Bread (Wheat/M), Raitha (M)		1					<b>√</b>							
Vegetable Pilau, Naan Bread (Wheat/M), Raitha (M)		1					<b>√</b>							
Cheese pasty, (Wheat, Milk), Waffle Fries, Spaghetti Hoops, (Wheat)		<b>√</b>					<b>√</b>							
Cheese pasty, (Wheat, Milk), Waffle Fries, Spaghetti Hoops, (Wheat)		<b>✓</b>					<b>✓</b>							
Breaded Chicken Strips, (Wheat, Eggs, Milk, May Mustard, May Soya), Fries, Sauce, Salad	<b>√</b>	<b>√</b>		<b>✓</b>			<b>√</b>		May				May	
Breaded Vegetables, Fries, Sauce, Salad	<b>✓</b>	1												
Beef Lasagne (Wheat/M/May E), Garlic Breads (Wheat/M), Salad		1		May			1							
Vegetable Lasagne (Wheat/M/May E), Garlic Breads (Wheat/M), Salad														
Chicken burger, Bap (Wheat), Chips, Salad, Sauce	<b>√</b>	<b>√</b>												
Vegetable burger (Wheat), Bap (Wheat), Chips, Salad, Sauce														

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	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
WEEK TWO														
Burrito Wrap, (Wheat), Salsa, Nachos, (Soya), Grated Cheese, (Milk)		<b>✓</b>					<b>√</b>						May	
Vegetarian Wrap (Wheat), Salsa, Nachos, (Soya), Grated Cheese, (Milk)		<b>√</b>					<b>√</b>							
Margarita Pizza (Wheat), Fries, Maple BBQ Sauce, Salad		<b>√</b>					<b>√</b>							
Chicken Kebab, Flatbread, (Wheat), Cabbage & carrot Salad, Kebab sauce		<b>√</b>					<b>√</b>							
Spinach and Chickpea Falafel, Flatbread, (Wheat), Cabbage & carrot Salad, Kebab sauce		<b>✓</b>												
Doner Wrap, (Wheat), Crisps, Salad, Chilli Sauce		<b>√</b>												
Vegetarian Wrap, (Wheat), Crisps, Salad, Chilli Sauce		<b>√</b>												
SFC Chicken Strips (Wheat/C/E/M/May MU/SD), Chips, Coleslaw (E)	<b>√</b>	<b>√</b>		<b>√</b>			<b>√</b>		May					May
SFC Vegetarian (Wheat), Chips, Coleslaw (E)	<b>√</b>	1		<b>√</b>			<b>✓</b>		May					May

		Cereals	NEW YEAR	9		3				9	2	AN AN		Ω
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DESSERTS / BISCUITS	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Shortbreads (Wheat)		<b>√</b>		<b>√</b>			<b>√</b>							
DMA Cake (Wheat)		<b>√</b>		<b>√</b>			<b>√</b>						<b>√</b>	
Brownie (Wheat)		<b>√</b>		<b>√</b>			<b>√</b>						<b>√</b>	
Oat Biscuits (Oat/May Barley)		✓					✓						<b>√</b>	
Sugar Ring Doughnuts (Wheat)		<b>√</b>		✓			<b>✓</b>						<b>√</b>	
Flapjacks (Oat/May Barley)		<b>√</b>					<b>✓</b>						<b>√</b>	
Cookies (Wheat)		<b>√</b>		٧			<b>✓</b>						<b>√</b>	
Brownie (Wheat)		<b>√</b>		<b>√</b>			✓						<b>√</b>	
DMA Cake (Wheat)		<b>√</b>		✓			✓						<b>√</b>	
Muffins (Wheat/E/M/SY/May SE)		<b>√</b>		✓			<b>✓</b>					May	<b>√</b>	
Jam Doughnuts, (Wheat, Eggs, Milk, May contain sesame seeds, Soy)		<b>✓</b>		<b>√</b>			<b>√</b>					May	<b>✓</b>	
Breakfast/Break Foods	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Bagels (Wheat/Barley/M/May SE)				✓			<b>✓</b>					May		
Cheese (M) Bagel (Wheat/Barley/M/May SE)				✓			<b>✓</b>					May		
Cheesy (M) Pizza Bagel (Wheat/Barley/M/May SE)				✓			<b>√</b>					May		