

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)
Jumbo spring roll (WH)/(SE)/(SY), Noodles (E)(WH), Sweet-Sour sauce	√	√		√								✓	√	
Jumbo spring roll, (WH)/(SE)/(SY), Noodles, (E)(WH), Sweet-Sour sauce	√	✓		√								✓	√	
Tomato&Basil pasta (Wh) with Roasted Vegetables, cheese (M) and garlic bread (Wh)/ (M)/ (Sy)		√					√						√	
Tomat o& Basil pasta with Roasted Vegetables, cheese and garlic bread		√					√						√	
Chicken kebab (M), Flatbread (WH) , Salad, Mild Kebab sauce		√					√							
Vegetarian kebab, Flatbread, Salad, Mild Kebab sauce		✓												
Roast Chicken, Gravy, Roasted potatoes, Yorkshire pudding (WH) (E) (M), Vegetables		√		√			√							
Roasted Vegetables, Roasted Potatoes, Gravy, Vegetables		✓		√			√							
Spicy Chicken Burger, Hash Brown, Sticky Sweetcorn		√												
Vegetable Burger, Hash Brown, Sticky Sweetcorn														

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WEEK TWO	(C)	Giuten	(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Jacket potato, Cheese (M), Tuna (F) Mayo, Salad					√		√							
Jacket potato, Cheese, Mayo, Salad							√							
Mac & Cheese (M)/(Wh), Garlic Bread (Wh)/(SY)/(M), Salad		✓					√						✓	
Mac & Cheese, Garlic Bread, Salad														
Chinese Chicken Fried Rice, Mini Spring Roll (SY) (WH)		√											√	
Vegetable Fried Rice, Mini Spring Roll													√	
Chicken Tikka (Wh), Naan (Wh), Coriander Salad		√												
Vegetarian Tikka, Naan, Salad														
Crispy Chicken Strips (C)/(Wh)/(E)/(M)/(Mu)/(Sy) Wrap, (Wh), Seasoned Wedges, BBQ Sauce														
Roasted Veggies, Seasoned Wedges, BBQ Sauce														

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Menu Item		Gluten	**		31,0001	capin	10000000	(Sheirish)	Mustaru	TEGS VINNERA				Sulphur Dioxide
DESSERTS / BISCUITS	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Shortbreads (Wheat)		√		✓			✓							
DMA Cake (Wheat)		√		✓			√						√	
Brownie (Wheat)		√		✓			√						√	
Oat Biscuits (Oat/May Barley)		√					√						√	
Sugar Ring Doughnuts (Wheat)		√		√			√						√	
Flapjacks (Oat/May Barley)		√					√						√	
Cookies (Wheat)		√		٧			√						√	
Brownie (Wheat)		√		√			√						√	
DMA Cake (Wheat)		√		√			√						√	
Muffins (Wheat/E/M/SY/May SE)		√		√			√					May	√	
Custard and Jam Puffs (WH)		√												
Breakfast/Break Foods	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Bagels (Wheat/Barley/M/May SE)				✓			√					May		
Cheese (M) Bagel (Wheat/Barley/M/May SE)				√			√					May		
Cheesy (M) Pizza Bagel (Wheat/Barley/M/May SE)				√			✓					May		