





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			√									
Cheesy Pasta		√ wheat				√	√							
Fruity Tray Bake		√ wheat		√			√						√	
Yogurt							√							
Lasagne		√ wheat					√							
Garlic Bread		√ wheat											√	
Apple Flapjack		√ wheat/ oats												
Cheesy Leek Bake		√ wheat												
Chocolate Cake / Custard		√ wheat		√			√						√	
Chicken Curry														
Naan Bread		√ wheat					√						√	
Ice-cream Scoop							√							
Beef Burgers/Bun		√ wheat											√	
Veggie Burger/Bun		√ wheat							√					
Chocolate Chip Cookies		√ wheat		√			√							