





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														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide

Fish Cakes		√ wheat			√					√				
Cheesy Pasta		√ wheat				√	√							
Fruity Tray Bake		√ wheat		√			√						√	
Yogurt							√							
Lasagne		√ wheat					√							
Veggie Lasagne		√ wheat		√			√							
Garlic Bread		√ wheat											√	
Apple Flapjack		√ wheat/ oats												
Sausages		√ wheat												
Cheesy & Leek Sausages		√ wheat							√					
Chocolate Cake / Custard		√ wheat		√			√						√	
Chicken Curry														
Naan Bread		√ wheat					√						√	

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Ice-cream Scoop							√							
Beef Burgers/Bun		√ wheat											√	
Veggie Burger/Bun		√ wheat							√					
Chocolate Chip Cookies		√ wheat		√			√							