


Dishes and their allergen content—Week 3 Menu

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

DISHES														
DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Fish Cake		√ wheat			√				√					
Tomato/Onion Pasta		√ wheat												
Chocolate Brownie		√ wheat		√			√							
Sweet Potato Falafel		√ wheat												
Flapjack		√ wheat												
Cauliflower/Broccoli Cheese		√ wheat					√							
Apple/Blackberry Crumble		√ wheat												
Wraps		√ wheat												
American Pancakes		√ wheat		√			√							
Fish Fillet		√ wheat			√									
Pizza		√ wheat											√	
Iced Sponge		√ wheat		√			√						√	