

Allergens in Food Checklist - Mains

[illegible]

[illegible]

Week 2 Main/Veg Choice 7/09, 28/09, 19/09, 9/11, 30/11	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Beef Meatballs in Tomato Sauce	✓													
Vegetable Meatballs in Tomato Sauce	✓													
Penne Pasta	✓													
Fishwich in a Bun	✓			✓										
Vegetable Finger in a Bun	✓													
Jacket Wedges														
Roast Pork														
Quorn Pie with Cream	✓						✓							

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Week 3 Main/Veg Choice 14/09, 5/10, 16/11, 7/12	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sausages	✓													
Veggie Sausage	✓						✓							
Mashed Potato							✓							
Baked Beans														
Pepperoni Pizza	✓						✓							
Cheese & Tomato Pizza	✓						✓							
Spaghetti Hoops	✓													
Roast Beef														
Yorkshire Pudding	✓		✓				✓							
Cauliflower Cheese							✓							

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Allergens in Food Checklist - Puddings

[illegible]

Week 2 7/09, 28/09, 19/09, 9/11, 30/11	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Rocky Road	✓						✓							
Lemon Drizzle Cake	✓		✓				✓							
Artic Roll	✓						✓							
Shortbread	✓						✓							
Ice Cream							✓							

Week 3 14/09, 5/10, 16/11, 7/12	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Jelly														
Sticky Toffee Pudding	✓		✓				✓							
Rice Crispy Cake	✓						✓							
Pancake	✓		✓				✓							
Toffee Sauce														
Ice Cream							✓							

