DISHES AND THEIR ALLERGEN CONTENT – Week 2

■ Contains

O May Contain

		Wheat	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Nuts	Sulphur Dioxide & Sulphites	Soya	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Strawberry Arctic Roll 52226	**4.90g?**	■														■								■		■	
Pasta		■														O			O							■	
Plain Wedges 450651	**17.3g**														■												
Cottage Pie	**14.78g**																										
Minced Beef 3103																											
Onion, Mixed Vegetables 4789																											
Gravy 136677																											
Lentils 548																											
Potatoes 10541																											
Jumbo Fish Fingers 124213	**11.48g**	■																	■		■		■			■	
Halal Chicken Sausage 105850		■													■											■	
Mini Beef Tacos	**17.64g**	■																	■							■	■
Tacos 123351		■																								■	
Beef Barbacoa 129179		■																								■	■
Onion Pickles 123174																			■								
Cress 10397																											
Spring onions 10473																											
BBQ Quorn Wrap	**41.59?**	■			■											■								■		■	■
Quorn Pieces 135193																								■			
Tortilla Wrap 4381		■																								■	
Lentils 548		■			■											■										■	■
BBQ Sauce 149963																											
Red Onions																											
Mixed Peppers																											
Oil																											

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		Wheat	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Nuts	Sulphur Dioxide & Sulphites	Soya	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Cheese Whirls	42.23g	■																	■		■			■		■	
Cheese 71951																					■						
Mustard 115053		■																	■							■	
Cooking Onions																											
Free Range Eggs																								■			
Ground White Pepper, Parsley																											
Potatoes – prepared Celavita 10541																											
Puff Pastry 4303		■																								■	
Tomatoes, Fresh																											
Pineapple Upside Down Cake	31.99g	■													■						■			■		■	
Self-Raising Flour 9711		■																								■	
Sugar 114961																											
Cooking & Baking, Vanilla Essence 86874																											
Eggs 70892																								■			
Pineapple 145923																											
Milk																					■						
Cherries															■												
Custard	6.3g																				■						
Sugar 114961																											
Milk Powder 13573																					■						
Custard Powder 85842																											
Pizza 113594	24.02g	■	O	O	O											O			O		■					■	
Chips 36141	22g																										
Peas 4599	2.8g																										

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Chicken Bites 30011	6.6g	■																								■	
Smiley Faces McCain 350012	28g (estimate)																										
Baked Beans 28758	9.8g																										
		■																								■	
All Day Breakfast	35.24g	■													■						■			■		■	
Baked Beans 28758																											
Omelette 32302																					■			■			
Sausage Pork & Beef 3566		■													■											■	
Hash Browns 113680																											
Hash Browns 149258		O																			O					O	
Tomatoes 6437																											
Vegetarian Breakfast	34.65g	O																			■			■		O	
Baked Beans 28758																											
Omelette 32302																					■			■			
Hash Browns 113680																											
Hash Browns 149258		O																			O					O	
Meatless Sausages129633																											
Tomatoes 6437																											
Sweetcorn																											

DISHES AND THEIR ALLERGEN CONTENT – Week 2

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		Wheat	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Nuts	Sulphur Dioxide & Sulphites	Soya	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Mashed Potato	**22.37g**																										
Rice	**78g**																										
Garlic Bread 32000 La Bo Garlic & Parsley Slices		■														O					O					■	
Carrots	**7.92g**																										
Jacket Potatoes																											
Tuna Mayo	**43.25g**																						■				
Cheese																					■						
Baked Beans 28758																											
Baguette 32391		■															O									■	
Bun 5222	**34.3g**	■															O									■	
Wrap 4381	**26g**	■																								■	
Bread Greggs		■														■										■	
Bruce's Brownie		■																								■	
Flour	**20.71g**	■																								■	
Cocoa powder 10678																											
Bicarb																											
Oil																											
Sugar																											
Vanilla																											
Courgette																											
Icing sugar																											
Fruit																											
Yogurt 103655	**Fruit**																				■						

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Sweet Potato & Lentil Curry **42.82g**	■																								■	
Cooking & Baking																										
Flour	■																								■	
Tinned Tomatoes																										
Red Lentils																										
Curry Powder																										
Sweet Potato																										
Vegetable Stock 100445																										
Melting Moments **36.78g**	■			■																■					■	
Flour	■																								■	
Cooking & Baking																										
Sugar																										
Cornflakes				■																						
milk																				■						