Dishes and Their Allergen Content - Week1

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
Pizza 113594 **24.02g**	■		O	O											O					■					■	
Chips 36141 **22g**																										
Peas **2.8g**																										
Fish Fingers 123824 **14.4g**																						■				
Carrot Cake **27.62g**	■																						■		■	
Cooking & Baking																										
Carrots, Courgette																										
Free Range Eggs																							■			
Ground Cinnamon, Parsnips																										
Self Raising Flour	■																								■	
Soft Brown Sugar																										
Vegan Sausage Roll 34545 **5.05g**	■																								■	
Halal Chicken Sausage 105850	■													■											■	

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Baguette 32391 **34.3g**	■															O									■	
Bun 5222 **26g**	■															O									■	
Wrap 4381	■																								■	
Bread Greggs	■														■										■	
Lemon Topped Sponge **29.1g**	■																			■			■		■	
Baking powder 35023	■																								■	
Cooking & Baking 129273																										
Lemon Pie Filling 35499																										
Free-Range Eggs																							■			
Granulated Sugar, Lemons																										
Self-Raising Flour 350092	■																								■	
UHT Semi Skimmed Milk 19665																				■						
Vanilla Flavouring 86874																										
Fruit																										
Yogurt 103655 **0.1g**																				■						
Chicken Tikka Wrap **32.5g**	■																			■					■	
Cheese																				■						
Iceberg Lettuce, Tomatoes																									■	
Tortilla Wrap 4381	■																									
Diced Chicken Breast 70946																										
Tikka Sauce 89708																				■						
Rice 33630 **11g**																										
Sweetcorn																										
Roast Beef 118726 **3.78g**																										
Yorkshire Pudding 135874 **0.02g**	■																			■			■		■	
Roast Potatoes **17.6g**																										

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Chocolate Cake 27.01g	■																						■		■	
Cooking and Baking, Carrots, Beetroot																										
Free-range Eggs																							■			
Cocoa powder 10678, Sugar																										
Orange juice 100243																										
Self Raising Flour	■																								■	
Custard 6.3g																				■						
All Day Breakfast 35.24g																										
Sugar																										
Milk Powder 13573																				■						
Custard Powder 85842																										
Carrots																										
Peas																										
Gravy 136677															O			O		O			O			
Macaroni Cheese 45.1g	■																	■		■					■	
Cheese 71951																				■						
Cooking & Baking																										
Mustard 115053	■																	■							■	
Plain Flour 100222	■																								■	
Macaroni 146186	■														O			O							■	
UHT Semi Skimmed Milk 19665																				■						
Sausages Pork Chipolatas 3566 7.28g	■													■											■	
Meatless Sausages 129633 3g																										
Shortbread Biscuit 16.7g	■																								■	
Cooking and Baking																										
Sugar																										
Plain Flour 100222	■																								■	

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Beef Bolognaise 38.9g	■																								■	
3103 Brake Beef Mince 20% fat																										
Carrots –fresh, Chopped tomatoes																										
Cooking onions, Courgette – fresh																										
Cup mushroom, Garlic																										
Mixed herbs, Parsnips																										
Plain flour 100222	■																								■	
Rapeseed Oil, Red lentils 548																										
Red peppers, Swede																										
Wholemeal Fusilli Pasta 89179	■														O			O							■	
Garlic Bread 32000 7.92g	■														O					O					■	
Cheese Whirls 42.23g	■																	■		■			■		■	
71951 grated cheese																				■						
Colmans English Mustard 115053																		■							■	
Cooking Onions																										
Free Range Eggs																							■			
Ground White Pepper, Parsley																										
Potatoes – prepared Celavita 10541																										
Puff Pastry 4303	■																								■	
Tomatoes, fresh																										
Wedges 30084 20g	■																								■	
Baked Beans 28758 9.8g																										
Jacket Potatoes 43.25g																										
Tuna Mayo																						■				
Cheese																				■						
Baked Beans 28758																										