

# ALLERGEN SHEET

Menu Item	 Celery	 Cereals containing Gluten	 Crustaceans (Shellfish)	 Eggs	 Fish	 Lupin	 Milk	 Molluscs (Shellfish)	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
<b>WEEK ONE</b>	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Jacket Potato with Cheese, Tuna Mayo, Salad (Dairy, Fish)					✓		✓							
Jacket Potato with Cheese, Salad (Dairy)							✓							
Tikka Chicken, Seasoned Pitta Bread, Spiced Mayo Sauce (Gluten, Mustard, Dairy)		✓					✓		✓					
Tikka Vegetables, Seasoned Pitta Bread, Spiced Mayo Sauce (Gluten)		✓												
Vegetable Pilau, Naan, Raitha (Gluten, Milk)		✓					✓							
Vegetable Pilau, Naan, Raitha (Gluten, Milk)		✓					✓							
Doner Kebab, Wraps, Nachos, Sweet Chilli Sauce (Gluten, May Soya)		✓											May	
Vegetarian Kebab, Wraps, Nachos, Sweet Chilli Sauce (Gluten, May Soya)		✓											May	
SFC Chicken, Chips, Sauce (Gluten, Milk)		✓					✓							
SFC Vegetables, Chips, Sauce (Gluten, Milk)		✓					✓							

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	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
<b>WEEK TWO</b>														
Chicken Taco, Wraps, Mexican Rice, Salsa (Gluten)		✓												
Vegetarian Taco, Wraps, Mexican Rice, Salsa (Gluten)		✓												
Mini Spring Rolls, Noodles, Sweet Chilli Sauce (Eggs, Gluten, Soya)		✓		✓									✓	
Mini Spring Rolls, Noodles, Sweet Chilli Sauce (Eggs, Gluten, Soya)		✓		✓									✓	
Macaroni Cheese, Garlic Bread, Salad (Gluten, Dairy,)		✓					✓							
Macaroni Cheese, Garlic Bread, Salad (Gluten, Dairy,)		✓					✓							
Chicken Dinner, Yorkshire Pudding, Buttered Vegetables, Gravy, Roast potatoes, (Celeriac, Gluten, Eggs, Dairy, Sesame Seeds)	✓	✓		✓			✓						✓	
Vegetarian Pie, Yorkshire Pudding, Buttered Vegetables, Gravy, Roast potatoes, (Celeriac, Gluten, Eggs, Dairy, Sesame Seeds)	✓	✓		✓			✓						✓	
Pizza Margaritta, Chips, Sauce (Gluten, Dairy)		✓					✓							
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<b>DESSERTS / BISCUITS</b>														
Shortbreads (Wheat)		✓		✓			✓							
DMA Cake (Wheat)		✓		✓			✓						✓	
Brownie (Wheat)		✓		✓			✓						✓	
Oat Biscuits (Oat/May Barley)		✓					✓						✓	
Sugar Ring Doughnuts (Wheat)		✓		✓			✓						✓	
Flapjacks (Oat/May Barley)		✓					✓						✓	
Cookies (Wheat)		✓		✓			✓						✓	
Brownie (Wheat)		✓		✓			✓						✓	
DMA Cake (Wheat)		✓		✓			✓						✓	
Muffins (Wheat/E/M/SY/May SE)		✓		✓			✓					May	✓	
Jam Doughnuts, (Wheat, Eggs, Milk, May contain sesame seeds, Soy)		✓		✓			✓					May	✓	
<b>Breakfast/Break Foods</b>	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Bagels (Wheat/Barley/M/May SE)				✓			✓					May		
Cheese (M) Bagel (Wheat/Barley/M/May SE)				✓			✓					May		
Cheesy (M) Pizza Bagel (Wheat/Barley/M/May SE)				✓			✓					May		