# ALLERGEN SHEET

| Menu Item | Celery | Cereals containing Gluten | Crustaceans (Shellfish) | Eggs | Fish | Lupin | Milk | Molluscs (Shellfish) | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **WEEK A** | (C) | (G) | (CR) | (E) | (F) | (L) | (M) | (MO) | (MU) | (N) | (PN) | (SE) | (SY) | (SD) |
| *Cajun Chicken (GL-Wheat), Wraps (GL- Wheat), Spicy Mayo Potato Salad* | | ✓ Wheat | | | | | | | | | | | | |
| *Cajun Vegetables, Wraps (GL-Wheat), Spicy Mayo Potato Salad* | | ✓ Wheat | | | | | | | | | | | | |
| *Build Your Own Baguette, Chicken Mayo, Tuna, Cheese, Salad* | | ✓ Wheat | | | ✓ | | ✓ | | | | | | | |
| *Build Your Own Baguette, Chicken Mayo, Cheese, Salad* | | ✓ Wheat | | | | | ✓ | | | | | | | |
| *BBQ Chicken (GL-Wheat) Pasta (GL-Wheat), Garlic Bread (GL-Wheat, Milk, Soya) & Cheese (Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | ✓ | |
| *Vegetable Pasta (GL- Wheat), Garlic Bread (GL-Wheat), & Cheese (Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | ✓ | |
| *Chicken & Dhal Curry with Rice and Chapati (GL-Wheat)* | | ✓ Wheat | | | | | | | | | | | | |
| *Dhal Curry with Rice and Chapati (GL-Wheat)* | | ✓ Wheat | | | | | | | | | | | | |
| *SFC Chicken, Chips, Sauce* | ✓ | ✓ Wheat | | | | | | | | | | | ✓ | |
| *Vegetable Fingers, Chips, Sauce* | | ✓ Wheat | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **WEEK A** | (C) | (G) | (CR) | (E) | (F) | (L) | (M) | (MO) | (MU) | (N) | (PN) | (SE) | (SY) | (SD) |
| *Roast Chicken with Sticky Sweet Corn, Yorkshire Pudding (GL-Wheat, Milk, Egg) & Gravy* | | ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| *Roast Vegetables with Sticky Sweet Corn, Yorkshire Pudding (GL-Wheat, Milk, Egg) & Gravy* | | ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| *Chicken Keema with Jollof Rice & Cheesy Jalapeno Peppers (GL-Wheat, Milk)* | | ✓ Wheat | | ✓ | | | ✓ | | | | | | | |
| *Quorn Keema with Jollof Rice & Cheesy Jalapeno Peppers (GL-Wheat, Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | | |
| *Spicy Masala Pasta (GL-Wheat), Garlic Bread (GL-Wheat, Milk, Soya) , Cheese (Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | ✓ | |
| *Spicy Masala Pasta (GL-Wheat), Garlic Bread (GL-Wheat, Milk, Soya) , Cheese (Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | ✓ | |
| *Vegetable Pilau, Naan (GL-Wheat) , Raitha (Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | | |
| *Vegetable Pilau, Naan (GL-Wheat) , Raitha (Milk)* | | ✓ Wheat | | | | | ✓ | | | | | | | |
| *Pizza, Chips, Sauce* | | ✓ Wheat | | | | | ✓ | | | | | | | |
| *Pizza, Chips, Sauce* | | ✓ Wheat | | | | | ✓ | | | | | | | |

| Menu Item |  Celery |  Cereals containing Gluten |  Crustaceans (Shellfish) |  Eggs |  Fish |  Lupin |  Milk |  Molluscs (Shellfish) |  Mustard |  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **DESSERTS / BISCUITS** | (C) | (G) | (CR) | (E) | (F) | (L) | (M) | (MO) | (MU) | (N) | (PN) | (SE) | (SY) | (SD) |
| *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 | ✓ | |
| **Breakfast/Break Foods** | (C) | (G) | (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 | | |