

ALLERGEN SHEET



Menu Item	Celery	Cereals containing Gluten	Crustaceans (Shellfish)	Eggs	Fish	5 Lupin		Molluscs (Shellfish)	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
WEEK ONE	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Tomato and Basil Pasta with Cheese and Garlic Bread (Gluten, Milk, May Soya)		~					~						May	
Tomato and Basil Pasta with Cheese and Garlic Bread (Gluten, Milk, May Soya)		✓					~						May	
Tandoori Chicken, Seasoned Pitta Bread, Spiced Mayo Sauce <mark>(Gluten)</mark>		~												
Tandoori Vegetables, Seasoned Pitta Bread, Spiced Mayo Sauce Gluten)		~												
Chicken Dinner, Yorkshire Pudding, Buttered Vegetables, Gravy, Roast potatoes, (Celeriac, Gluten, Eggs, Dairy, Sesame Seeds)	~	~		1			~					~		
Vegan Pie, Yorkshire Pudding, Buttered Vegetables, Gravy, Roast potatoes, (Celeriac, Gluten, Eggs, Dairy, Sesame Seeds)	~	~		√			~					~		
Breakfast Brunch, Sausages, Hash Brown, Spaghetti Oops, Sauce (Gluten, Sulphur)		~												~
Breakfast Brunch, Vegetarian Sausages, Hash Brown, Spaghetti Oops, Sauce (Gluten, Sulphur)		~												~
Margherita Pizza, Fries, BBQ Sauce (Gluten, Dairy)		√					\checkmark							
Margherita Pizza, Fries, BBQ Sauce (Gluten, Dairy)		~					~							

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	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
WEEK TWO														
Jacket Potato with Cheese, Tuna Mayo, Salad (Dairy, Fish)					√		1							
Jacket Potato with Cheese, Salad (Dairy)							~							
Macaroni Cheese, Garlic Bread, Salad (Gluten, Dairy, Sulphur)		~					~							√
Macaroni Cheese, Garlic Bread, Salad (Gluten, Dairy, Sulphur)		~												
Chicken Tikka, Naan Bread, Coriander Salad (Gluten)		✓												
Vegetable Tikka, Naan Bread, Coriander Salad (Gluten)		~												
Doner Kebab, Wraps, Nachos, Sweet Chilli Sauce (Gluten, May Soya)		~											May	
Vegetarian Kebab, Wraps, Nachos, Sweet Chilli Sauce (Gluten, May Soya)		1											May	
SFC Chicken Burger, Buns, Hash Brown, Sticky Corn (Gluten, May Contain Sesame)		~										May		
SFC Vegetarian Burger, Buns, Hash Brown, Sticky Corn (<mark>Gluten, May Contain Sesame)</mark>		✓										May		

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Mena Rem														Dioxide
DESSERTS / BISCUITS	(C)		(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)		√		V			√						√	
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)		(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		+