














# 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 ONE	(C)	(GL)	(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
<i>BBQ Chicken, Wraps, and Salad</i>		✓												
<i>BBQ Vegetables, Wraps, and Salad</i>		✓												
<i>Lentil Dhal with Naan</i>		✓												
<i>Lentil Dhal with Naan</i>		✓												
<i>Tomato and Basil Pasta, Garlic Bread, Salad</i>		✓					✓							
<i>Tomato and Basil Pasta, Garlic Bread, Salad</i>		✓					✓							
<i>Chicken Pilau with Rice, Naan and Raitha</i>		✓					✓							
<i>Vegetable Pilau with Rice, Naan and Raitha</i>		✓					✓							
<i>SFC Chicken, Salt Fries, Sauce</i>		✓					✓							
<i>Vegetarian Nuggets, Salt Fries, Sauce</i>		✓					✓							

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	(C)	(GL)	(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
<b>WEEK TWO</b>														
Tandoori Chicken, Pitta Bread, Sauce		✓												
Tandoori Vegetables, Pitta Bread, Sauce		✓												
Vegetarian Pilau, Naan, Raitha		✓					✓							
Vegetarian Pilau, Naan, Raitha		✓					✓							
White Sauce Tuna Pasta Bake with Cheese and Garlic Bread		✓			✓		✓							
White Sauce Vegetable Pasta with Cheese and Garlic Bread		✓					✓							
Butter Chicken with Rice and Naan		✓					✓							
Chesnutt Mushrooms with Butter and Cream, Naan, Rice		✓					✓							
Pizza and Chips with Sauce		✓					✓							
Pizza and Chips with Sauce		✓					✓							

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	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
<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		

