Dishes and their allergen content: Week 1

Dishes						upin Flour	Milk		MUSTARD			MAAM		See Whe
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Apple														
Baked Beans Baked														
Potato Banana Slices														
Boiled White Rice														
Carrot & Lentil Soup														
Cheese Best of Both Sandwich		YES (WHEAT)					YES						YES	
Chicken Best of Both Sandwich		YES (WHEAT)											YES	
Chicken Tikka Masala		MAY CONTAIN GLUTEN (WHEAT)					YES							
Chips														
Chocolate Brownie		YES (WHEAT)												
Cosmo Wholemeal Pizza		YES (WHEAT)					YES							
Cottage Pie							YES							

Egg Mayo Best of Both Sandwich	YES (WHEAT)	YES		YES	YES			YES	
Grated Cheese Filling (for Baked Potato)				YES					
Ice Cream (Reduced Sugar)				YES					
Madeira Cake Slice Gluten Free		YES				MAY CONTAIN ALMOND, PECAN, WALNUT			
Meat Free Chilli								YES	
Melon Wedges									
Mixed Pepper Sticks									
Mixed Salad									
Mixed Vegetables									
Muller Healthy Balance Yoghurt				YES					
Muller Milk				YES					
Peach Slices									
Potato Wedges (George Anderson)									
Quorn Dog Roll	YES (WHEAT)	YES					MAY CONTAIN		
Salmon Fish Fingers			YES						

Sweetcorn								
Tomato Pasta	YES (WHEAT)							
Tuna Mayo Best of Both Sandwich	YES (WHEAT)	YES	YES	YES	YES		YES	
Water								

Review date: April 2024

Reviewed by: Midlothian Council



You can find this template, including more information at www.food.gov.uk/allergy-guidance