RECIPES AND THEIR ALLERGEN CONTENT

| RECIPE NAME | | | | | | iupin Flour | Milk | | MUSTARO | | F | Miss | £ | WK WK |
|---|--------|-------------|----------|------|--------|----------------|----------|----------|----------|------|---------|-----------------|----------|--------------------|
| | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Apple | | | | | | | | | | | | | | |
| Baby/New Boiled Potatoes | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| Baked Potato | | | | | | | | | | | | | | |
| Banana slices | | | | | | | | | | | | | | |
| Beef Chilli | | | | | | | | | | | | | | |
| Boiled White Rice | | | | | | | | | | | | | | |
| Brakes Pear Halves in Juice | | | | | | | | | | | | | | |
| Carrot & Coriander Soup May Contain: Gluten (Wheat) Carrot & Lentil Soup | | | | | | | | | | | | | | |
| Cheese Best of Both Sandwich | | | | | Wheat | | / | | | | | | / | |
| Chicken Best of Both Sandwich | | | | | Wheat | | | | | | | | 1 | |
| Chicken in Gravy | | | | | | | | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Chocolate Ice Cream (Reduced Sugar) | | | | | | | / | | | | | | | |
| Cosmo Wholemeal Pizza | | | | | Wheat | | / | | | | | | | |
| Egg Mayo Best of Both Sandwich | | | / | | Wheat | | / | | √ | | | | / | |
| Finger Roll May Contain: Sesame | | | | | Wheat | | | | | | | | | |
| Fruit Selection | | | | | | | | | | | | | | |
| Grated Cheese Filling (for baked potato) | | | | | | | 1 | | | | | | | |
| Green Beans | | | | | | | | | | | | | | |
| La Boulangerie Sliced Oval Bun May Contain: Egg, Gluten (Barley), Gluten (Oats), Gluten (Rye), Milk Products, Sesame | | | | | Wheat | | | | | | | | 1 | |
| Lentil Soup | | | | | | | | | | | | | | |
| Madeira Cake Slice Gluten Free | | | | | | | | | | | | | | |

| May Contain: Nuts | | | | | | | | | |
|--|--|----------|----------|-------|----------|----------|--|----------|--|
| (almond), Nuts (pecan), | | | | | | | | | |
| Nuts (walnut) | | | | | | | | | |
| Meatball Sub in | | | | | | | | | |
| Tomato Sauce | | | | | | | | V | |
| Mixed Pepper Sticks | | | | | | | | | |
| Mixed Salad | | | | | | | | | |
| Muller Healthy Balance Yoghurt | | | | | 1 | | | | |
| Muller Milk | | | | | / | | | | |
| Peas | | | | | | | | | |
| Potato Wedges (George Anderson) | | | | | | | | | |
| Quorn Korma Curry May Contain: Gluten (Wheat) | | \ | | | | | | | |
| Salmon & Sweet Potato Fishcake | | | / | Wheat | | | | | |
| Sweetcorn | | | | | | | | | |
| Tomato Ketchup | | | | | | | | | |
| Tuna Mayo Best of Both Sandwich | | / | / | Wheat | / | / | | / | |
| Vanilla Sponge/Muffins | | / | | Wheat | / | | | | |
| Vegetable Burger | | | | Wheat | | | | | |
| Vegetable Medley | | | | | | | | | |
| Water | | | | | | | | | |
| Yellow Split Pea Soup | | | | | | | | | |
| Yorkshire Pudding | | / | | Wheat | / | | | | |