## Dishes and their allergen content: Week 3

Dishes			<b>X</b>			Lupin Flour			(MUSTARD)					
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Apple														
Baked Potato														
Banana Slices														
Broccoli & Cauliflower														
Bubble Fish					YES									
Cheese Best of Both Sandwich		YES (WHEAT)					YES						YES	
Chicken Best of Both Sandwich		YES (WHEAT)											YES	
Chicken Meatballs in Tomato Sauce														
Chips														
Cosmo Wholemeal Pizza		YES (WHEAT)					YES							

Diced Potatoes									
Egg Mayo Best of Both Sandwich	 YES (WHEAT)	 YES		YES	YES			YES	
Garlic Bread (Baguette)	YES (WHEAT), MAY CONTAIN GLUTEN (BARLEY)						MAY CONTAIN		
Grated Cheese Filling (for baked potato)				YES					
Ice Cream (Reduced Sugar)				YES					
Lentil and Vegetable Soup									
Mashed Potatoes				YES					
Mixed Salad									
Mixed Vegetables									
Muller Healthy Balance Yoghurt				YES					
Muller Milk				YES					
Pasta	YES (WHEAT)								
Peas & Sweetcorn									

Reduced Sugar Flapjack	YES (OATS)							
Sliced Carrots								
Steak Pie	YES (WHEAT)							
Sweetcorn								
Tomato Bolognaise (With Spaghetti)	YES (WHEAT)				MAY CONTAIN		YES	
Tomato Pasta	YES (WHEAT)							
Tuna Mayo Best of Both Sandwich	YES (WHEAT)	YES	YES	YES	YES		YES	
Vegan Lemon Cake	YES (WHEAT)							
Vegetable Crumble	YES (WHEAT)			YES				
Water								
Yellow Split Pea Soup								

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Reviewed by: Midlothian Council



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