

Allergen Chart Spring/Summer 2022 Week One



Recipe Description Contains X May Contains O	Peanuts	Eggs	Nuts	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Milk	Cereals containing Gluten	Soya	Sesame seeds	Celery	Mustard	Lupin	Sulphur Dioxide
Southern Fried Quorn Burger		X					X	X		O				
Vegan Cumberland Sausage								X						
GF Beef Burger														
Baked New Potatoes														
Coleslaw		X												
Crunchy Vege Sticks														
Pip Organic Apple Lolly														
Pasta Bolognese								X	X		X			X
Garlic & Herb Bread							O	X	O					
Tomato & Basil Pinwheels DF Vegan								X	X		X			X
Roasted Vegetables														
Mendham's Lemon Drizzle		X						X						
GF Lemon Drizzle							O	X						
Vegan/DF Lemon Drizzle Traybake								X						
Roast Loin Pork & Gravy														
Sage & Onion Stuffing								X						
Roasted Potatoes														
Carrot & Cabbage														
Sweet Potato & Lentil Plait Vegan								X						
Toffee Apple Muffin		X					X	X						
Apple Custard Fool GF Vegan DF														
Marinated Chicken Pitta & Salad								X						
Vegetable & Bean Burrito								X						
Ice Cream Roll		X					X	X	X					
Fruit & Ice Cream GF							X							
Fruit Jelly GF DF Vegan						X								
GF DF Fish Fingers														
Vegetable Goujons														
Quorn Fishless Finger Vegan								X						
Baked Beans														
Peas														
Chocolate Cake		X					O	X						
Chocolate Cookie Vegan DF								X						
Yoghurt							X							