

Allergen Chart Spring/Summer 2022 Week Three



| 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 |
|---|---------|------|------|-------------------------|----------------------|------|------|---------------------------|------|--------------|--------|---------|-------|-----------------|
| Margarita Pizza | | | | | | | X | X | X | | X | | | X |
| Tomato & Lentil bake | | | | | | | X | O | | | X | | | |
| Mixed Rainbow Salad | | | | | | | | | | | | | | |
| Coleslaw | | X | | | | | | | | | | | | |
| Cheese & Tomato Vegan Pizza | | | | | | | X | X | X | | X | O | | X |
| Raspberry Fruit Ice Smoothie | | | | | | | | | | | | | | |
| Pork & Apple Burger | | | | | | | | X | | O | | | | X |
| Quorn Hot Dog & Ketchup | | | | | | | | X | | O | | | | |
| Herby Diced Potatoes | | | | | | | | | | | | | | |
| Sweetcorn & Peas | | | | | | | | | | | | | | |
| GF Beef Burger | | | | | | | | | | | | | | |
| Vegan Dippers | | | | | | | | X | | | | | | |
| Sticky Gingerbread Cake | | X | | | | | X | X | | | | | | |
| Fresh Fruit Salad | | | | | | | | | | | | | | |
| GF Cookie | | | | | | | | | | | | | | |
| DF Vegan Cookie | | | | | | | | X | | | | | | |
| Juice Cup | | | | | | | | | | | | | | |
| Roast Chicken | | | | | | | | | | | | | | |
| Sage & Onion Stuffing | | | | | | | | X | | | | | | |
| Cumberland Vegan Toad in Hole | | | | | | | O | X | | | | | | |
| Roast Potatoes | | | | | | | | | | | | | | |
| Baby Carrots/Green beans | | | | | | | | | | | | | | |
| Iced Jammie Dodger | | | | | | | | X | | | | | | |
| Chicken & Broccoli bake | | | | | | | X | X | | | | | | |
| Salmon & Ketchup Fishcake | | | | | | X | | | | | | | | |
| Ratatouille Pasta | | | | | | | | X | | | | | | |
| Chicken & Broccoli Potato Bake | | | | | | | | X | X | | X | | | X |
| Carrot & Banana Cake | | X | | | | | O | X | | | | | | |
| Strawberry Mousse | | | | | | | X | | | | | | | |
| Banana Pancakes | | | | | | | | X | | | | | | X |
| Fish Fingers GF DF | | | | | | X | | | | | | | | |
| Quorn Vegan Nuggets | | | | | | | | X | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| Mendham's Chocolate Square | | | | | | | X | X | X | | | | | |
| Chocolate Mousse GF | | | | | | | X | | | | | | | |
| Vegan DF Chocolate Square | | | | | | | | X | | | | | | |