

WEEK 2

Allergen Chart Primary School Autumn/Winter 2021



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
MONDAY														
Mediterranean Ravioli in Tomato														
Garlic Pizza Slice							X	X Wheat						
Falafel Wrap with Mexican Rice		X						X Wheat						
Syrup Sponge							X	X Wheat						
Custard							X							
TUESDAY														
Loaded Beef Burger in a Bun								X Wheat		O		X		X
Five Bean Chilli and Nachos														
Rainbow Coleslaw		X												
Chocolate Fridge Cake							X	X Wheat Oats						
WEDNESDAY														
Roast Chicken														
Stuffing								X Wheat						
Yorkshire Pudding		X					X	X Wheat						
Vegan Cumberland Sausage								X Wheat						
Fruit Crumble								X Wheat Oats						
Ice Cream							X							
THURSDAY														
Margherita or Ham Pizza							X	X Wheat						
Vegetable Meatballs in Tomato Sauce		O						X Wheat	O	O	O			
Pasta								X Wheat						
Lemon & Raspberry Muffin		X					X	X Wheat						
FRIDAY														
Fish Fillet						X		X Wheat				X		
Fish Fingers						X		X Wheat						
Vegan Nuggets								X Wheat						
Marble Crunch		X						X Wheat						
Chocolate Sauce							X							