

WEEK 1

# Allergen Chart Primary School Autumn/Winter 2021



Recipe Description Contains <b>X</b> May Contains <b>O</b>	Peanuts	Eggs	Nuts	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Milk	Cereals containing Gluten	Soya	Sesame seeds	Celery	Mustard	Lupin	Sulphur Dioxide
<b>MONDAY</b>														
Southern Style Quorn Burger		X					X	X Wheat						
Savoury Rice											X	X		
Cauliflower and Broccoli Bake							X	X Wheat				X		
Herby Bread							X	X Wheat						
Coleslaw		X												
Apple Flapjack								X Wheat Oats						
Custard							X							
<b>TUESDAY</b>														
Light Chicken Curry with Rice											X	X		
Naan Bread							X	X Wheat						
Gnocchi in a Creamy Tomato Sauce		O					X	X Wheat	O					
Garlic Bread							O	X Wheat	O					
Chocolate Brownie		X					O	X Wheat						
<b>WEDNESDAY</b>														
Roast Beef														
Yorkshire Pudding		X					X	X Wheat						
Quorn Fillet		X												
Frosted Strawberry Cupcake		X					X	X Wheat						
<b>THURSDAY</b>														
Sausages								X Wheat						X
Vegan Cumberland Sausage								X Wheat						
Mash Potato							X							
Vegetable Curry with Rice												X		
Naan Bread							X	X Wheat						
Fruit Smoothie														
Shortbread Biscuit								X Wheat						
<b>FRIDAY</b>														
Chicken Goujon								X Wheat						
Salmon Fishcake						X		X Wheat	X					
Vegan Fishless Finger Wrap								X Wheat						
Iced Sponge Cake		X					X	X Wheat						