RECIPES AND THEIR ALLERGEN CONTENT

RECIPE NAME														
	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Baked Beans														
Baked Potato														
Banana slices														
Basic Mixed Salad														
Boiled White Rice														
Brakes Pear Halves in Juice														
Bubble Salmon				✓										
Carrot & Lentil Soup														
Carrot & Swede Baton Mix														
Cheese Best of Both Sandwich					✓ Wheat		✓						✓	
Chicken Best of Both Sandwich					✓ Wheat								✓	
Chicken in Gravy														
Cosmo Wholemeal Pizza					✓ Wheat		✓							

Egg Mayo Best of Both Sandwich			✓		✓ Wheat		✓		✓				✓	
Fruit Selection														
Lentil Soup														
Macaroni Cheese					✓ Wheat		✓		✓					
Mashed Potatoes							✓							
Mixed Pepper Sticks														
Mixed Salad														
Muller Healthy Balance Yoghurt							✓							
Muller Milk							✓							
Peas														
Potato Wedges (George Anderson)														
Quorn Dippers					✓ Wheat									
Roast Potatoes														
Shortbread					✓ Wheat									
Strawberry Jelly with Berries														
Sweet & Sour Chicken					✓ Barley								✓	
Sweetcorn														

Tiffin May Contain: Soybeans					✓ Wheat		✓							
Tuna Mayo Best of Both Sandwich			✓	✓	✓ Wheat		✓		✓				✓	
Vegetable Curry May Contain: Gluten (Wheat)														
Vegetable Medley														
Water														