


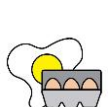

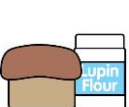










DISHES AND THEIR ALLERGEN CONTENT – WEEK 3 : 27.09.21, 25.10.21, 15.11.21 & 06.12.21 (! = Contains M/C = May Contain)

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SALMON FISHCAKES		!			!									
BUBBLE FISH (POLLOCK)					!									
CHIPS & PEAS	NO ALLERGIES													
CHICKEN & SWEET POTATO CURRY (Using cornflour makes it gluten free)	!	!							!					!
BROCCOLI	NO ALLERGIES													
BEEF CHILLI CON CARNE SAUCE (QMS MINCE)	M/C	M/C												
QUORN CHILLI CON CARNE SAUCE	!	M/C		!			!							
WHOLEMEAL RICE	NO ALLERGIES													
WHOLEMEAL PIZZA		!					!							
POTATO WEDGES		!												
VEGETABLE STICKS	NO ALLERGIES													
BAKED POTATO Baked Beans	NO ALLERGIES													
Chicken Mayonnaise				!	!									
Tuna & Sweetcorn Mayo				!	!									
Cheese							!							

Review date: October 2021

Reviewed by: Midlothian Council



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www.food.gov.uk/allergy