DISHES AND THEIR ALLERGEN CONTENT – WEEK 3

DISHES			THE STATE OF THE S	E		Light Flour	Wilk		WIESTARD		· No			
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hotdog, Crusty roll, potato wedges, baked beans		✓					✓					✓		✓
MF Sausage, crusty roll, potato wedges, baked beans		✓										✓		✓
Chicken Curry with rice and mixed vegetables		✓					✓							
Vegetable Curry with rice and mixed vegetables		1							✓					
Roast Chicken with roast potatoes and carrots/broccoli														
Quorn fillet with roast potatoes and carrots/broccoli		✓					✓							
Tuna & cheese pasta bake, crusty roll		✓			√		✓						✓	
Vegan cheese pasta bake, crusty roll		√										✓		
Fish fingers with chips, baked beans and peas.		✓	✓		√			√						√
Fishless fingers with chips, baked beans and peas		1											√	√

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