DISHES AND THEIR ALLERGEN CONTENT – WEEK 2

DISHES						Lupin Flour			MUSTARD			HIM CONTRACTOR		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef burger in a bun, potato wedges, beans or peas		1										М	1	М
Meat free burger in a bun, peas or beans		✓										М		Μ
Sausage and mash, carrots		1			1		1							
Meatless farm sausages, mash and carrots		1												М
Roast beef, Yorkshire puddings, roast potatoes, carrots, broccoli		1		1			1							
Quorn fillet or vegan nuggets, carrots and broccoli		1		1			1							
Pepperoni pizza, veggie sticks		1					✓							
Vegan cheese and tomato pizza, veggie sticks		1												
Fish cakes, chips and beans		1			1									М
Fishless Fingers with chips, beans		1											✓	М

Review date:



You can find this template, including more information at www.food.gov.uk/allergy