DISHES AND THEIR ALLERGEN CONTENT – WEEK 3

DISHES						upin Flour	Milk		MUSTARD			SSAME OL		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hotdog in a bun, potato wedges, baked beans		✓					✓					М		✓
MF Sausage in a bun, potato wedges, beans		✓					1					М		1
Meatballs in tomato sauce, rice, crusty bread, peas		✓										М		
Meat free meatballs in a tomato sauce crusty bread, peas		1										М		
Yorkshire pudding wrap with chicken and stuffing, cucumber, tomatoes, carrot		1		1			1						M	
Vegan cheese and tomato wraps, cucumber, tomatoes, carrot		✓												
Beef chilli, tortilla chips, broccoli														
Quorn mince chilli, broccoli														
Battered fish, chips, peas/sweetcorn.		✓			✓									
Fishless fingers with chips, peas/sweetcorn		✓											√	М



Review date: