## **DISHES AND THEIR ALLERGEN CONTENT week one**

(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

DISHES				6		Lupin Flour	MILK		Mustard			SSSAM OS		WINE
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Beef bolognaise	✓	✓ Wheat/barley			✓								✓	
Cauliflower cheese		<b>√</b> Wheat/barley					<b>√</b>		<b>√</b>					
Garlic Bread		Wheat												
Pasta		Wheat												
Cheese panini		<b>√</b> Wheat					$\checkmark$							
Chicken Nugget		Wheat		<b>√</b>										
Quorn nugget		Wheat												
Sage and onion stuffing		Wheat												
Cheese pasties		<b>√</b> Wheat		$\checkmark$			$\checkmark$							
Gravy	✓	✓ Wheat/barley											✓	
Chicken sausages		<b>√</b> Wheat												$\checkmark$
Mashed potatoes							✓							
Stuffed jacket potato							✓							
Tuna panini		<b>√</b> Wheat			$\checkmark$		$\checkmark$							
Tomato soup	✓													
Roasted salmon					$\checkmark$									

Pizza		Wheat					<b>√</b>							
Bread		Wheat					<b>√</b>						<b>✓</b>	
Jacket potato cheese							✓							
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