DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 1

THURSDAY

| DISHES | | | X | | | Lupin Flour | | | MUSTARD | | | | | Beer UNE |
|---|--------------|---------------------------------|-------------|--------------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| MEATBALLS IN TOMATO & BASIL SAUCE | ✓ | | | | | | | | | | | | ✓ | |
| PASTA SHELLS | | 1 | | | | | | | | | | | | |
| QUORN BOLOGNESE | \checkmark | | | \checkmark | | | | | | | | | | |
| CHERRY SHORTCAKE | | 1 | | \checkmark | | | | | | | | | | \checkmark |
| VANILLA SAUCE | | | | | | | 1 | | | | | | | |
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