DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 2 FRIDAY

DISHES						Lupin Flour	Milk		MUSTARD					WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHICKEN CARBONARA		√					√							
BEEF BOLOGNESE														
QUORN MEATBALLS IN TOMATO SAUCE	✓	√		✓										
GARLIC BREAD		√					√							
PASTA SHELLS		√												
SPAGHETTI		✓												
SPICED CARROT CAKE		√		✓										

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Reviewed by: J Pratt

