## DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 3

**MONDAY** 

DISHES						upin Flour	Milk		MUSTARD					WNE Coop
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
VINEGAR INFUSED FISH GOUJONS		✓			✓								✓	
SALMON & COD FISHCAKE		✓			✓									
SPANISH FRITTATA				✓										
CHOCOLATE MARBLE SPONGE		1		✓										
CHOCOLATE SAUCE							✓							

Review date:28.03.2017

Reviewed by: J Pratt

