DISHES AND THEIR ALLERGEN CONTENT - NOTTINGHAM FREE SCHOOL

WEEK 1

WEDNESDAY

DISHES					Do.	Lupin Flour	Milk		MUSTARD					Beer WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
ROAST PORK & STUFFING		✓												
ROAST TURKEY & STUFFING (H)		✓												
QUORN SAUSAGES IN RED ONION GRAVY	✓	√		✓			✓						✓	
GRAVY	√	✓											✓	
JAM SPONGE		√		✓										
CUSTARD							√							

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Reviewed by: J Pratt

