
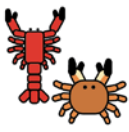

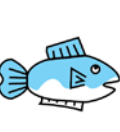




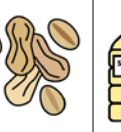

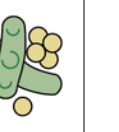



DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 1

MAIN COURSES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY FISH FINGER BUTTIE		✓		✓	✓								✓	
MONDAY BEAN BURGER		✓												
TUESDAY LAMB STEW & DUMPLINGS		✓											✓	
TUESDAY QUORN SAUSAGE CASSEROLE	✓	✓		✓			✓						✓	
WEDNESDAY GAMMON & PINEAPPLE														
WEDNESDAY MOZZARELLA & VEG PARCEL		✓		✓			✓							
THURSDAY BEEF LASAGNE GARLIC BREAD		✓					✓							
THURSDAY VEGETABLE RISSOTTO	✓													
FRIDAY CHICKEN KORMA/MADRAS							✓							
FRIDAY SWEET POTATO BALTI														

Review date:12.10.2017

Reviewed by J PRATT