

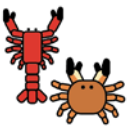













# DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

## WEEK 2

MAIN COURSES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
<b>MONDAY</b> FISH GOUJONS		✓			✓								✓	
<b>MONDAY</b> SPANISH OMELETTE				✓										
<b>TUESDAY</b> CHCKEN/BEEF FAJITA		✓												
<b>TUESDAY</b> QUORN FAJITA		✓		✓										
<b>WEDNESDAY</b> YORKSHIRE PUDDING		✓		✓			✓							
<b>WEDNESDAY</b> QUORN COTTAGE PIE		✓		✓									✓	
<b>THURSDAY</b> TUNA & SWEETCORN PASTA		✓			✓		✓							
<b>THURSDAY</b> VEG & CHEESE LASAGNE	✓	✓					✓							
<b>FRIDAY</b> MEAT FEAST PIZZA		✓					✓							
<b>FRIDAY</b> MARGERITTA PIZZA		✓					✓							

Review  
date:12.10.2017

Reviewed by  
J PRATT