DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL MAIN COURSES

WEEK 3

DISHES			Y.			Lupin Flour			MUSTARD					Bee
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
FISH GOUJONS		1			1		1							
BEEF/CHICKEN LASAGNE		1		1			1							
QUORN BOLOGNESE	1			1										
PASTA SHELLS		1												
YORKSHIRE PUDDING		1		1			1							
PORK/CHICKEN SAUSAGES		1											1	1
GRAVY	1	1											1	
LAMB BURGER IN A ROLL		1												1
BREADED VEGGIE BURGER		1					1		1					
SOUTHERN FRIED CHICKEN	1	1							1					

