


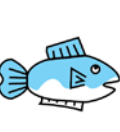




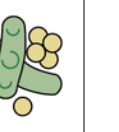



# DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 1

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

Review date:12.10.2017

Reviewed by J PRATT



You can find this template, including more information at [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)