

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
MONDAY FISH GOUJONS		✓			✓								✓	
MONDAY SPANISH OMELETTE				✓										
TUESDAY CHCKEN/BEEF FAJITA		✓												
TUESDAY QUORN FAJITA		✓		✓										
WEDNESDAY YORKSHIRE PUDDING		✓		✓			✓							
WEDNESDAY QUORN COTTAGE PIE		✓		✓									✓	
THURSDAY TUNA & SWEETCORN PASTA		✓			✓		✓							
THURSDAY VEG & CHEESE LASAGNE	✓	✓					✓							
FRIDAY MEAT FEAST PIZZA		✓					✓							
FRIDAY MARGERITTA PIZZA		✓					✓							

Review
date:12.10.2017

Reviewed by
J PRATT