DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 3

DISHES						Lupin Flour			MUSTARD		-			Boer WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY APPLE PIE		1		\checkmark										
TUESDAY OATMEAL COOKIE		1												
WEDNESDAY SYRUP SPONGE		√		\checkmark										
THURSDAY LEMON MUFFINS		1		\checkmark										
FRIDAY CHOCOLATE FUDGE CAKE		\checkmark		\checkmark										
CUSTARD							\checkmark							
FRUIT IN JELLY														
YOGHURT							\checkmark							

