




DISHES AND THEIR ALLERGEN CONTENT – NOTTINGHAM FREE SCHOOL

WEEK 3

MAIN COURSES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
MONDAY BATTERED COD		✓			✓				✓					
MONDAY VEGGIE BURGER		✓					✓		✓					
TUESDAY CHILLI CON CARNE														
TUESDAY LENTIL DAHL	✓													
WEDNESDAY PORK/CHICKEN SAUSAGES		✓												✓
WEDNESDAY QUORN SAUSAGES		✓		✓			✓							
THURSDAY CHICKEN & LEEK PIE		✓		✓			✓							
THURSDAY QUORN & VEG PIE		✓		✓										
FRIDAY CHICKEN MEATBALLS		✓											✓	
FRIDAY PASTA BOLOGNESE		✓												

Review
date:12.10.2017

Reviewed by
J PRATT