DISHES AND THEIR ALLERGEN CONTENT -MAIN COURSE PRIMARY WEEK 1

DISHES						.upin Flour	Milk		MUSTARD			Tital		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphu Dioxid
Sausage roll		Wheat		√			✓							
Vegetarian sausage roll		Wheat					√							√
Mince beef pie		Wheat												
Jacket & beans														
chicken														
Veg, tomato, lentil stew														
Chicken & bacon pasta		Wheat					√							
Tomato & spinach pasta bake		Wheat					✓							
FISH FINGERS		WHEAT			✓									
QUORN FINGER		WHEAT												