Allergen Sheet

DTC Cycle 2-3 Feb 2021 – Menu weeks 1 and 2

| Menu Items - ✔ = Contains Allergen / May = May contain allergen | Celery - (C) | Gluten | Crustaceans – (CRU) | Eggs – (E) | Fish – (F) | Lupin – (L) | Milk – (M) | Molluscs – (MOL) | Mustard – (MU) | Nuts – (N) | Peanuts – (PN) | Sesame – (SE) | Soya – (SY) | Sulphur Dioxide – (SD) |
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| **Week 1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Panko Chicken(Wheat/May M/C), Curry Sauce(Wheat/MU), Rice with Peas, Carrot & Cucumber Sticks | May | ✔ |  |  |  |  | ✔ |  | ✔ |  |  |  |  |  |
| Vegetable Burger(Wheat), Curry Sauce(Wheat/MU), Rice with Peas, Carrot & Cucumber Sticks |  | ✔ |  |  |  |  |  |  | ✔ |  |  |  |  |  |
| Chicken Meatballs(Wheat/SY/SD), Tomato & Basil Sauce, Tri-colour Fusilli Pasta(Wheat), Grated Vegan Cheese |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Roasted Vegetables, Tomato & Basil Sauce, Tri-colour Fusilli Pasta(Wheat), Grated Vegan Cheese |  | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Chilli Con Carne, Steamed Rice, Corn Nacho Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lentil & Bean Chilli, Steamed Rice, Corn Nacho Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lamb Kofta Kebabs Wrap(Wheat), Croquette Potatoes(Wheat), Minted Greek Yogurt(M), Kimchi Cabbage & Carrot Salad |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Chickpea & Spinach Falafel Wrap(Wheat), Croquette Potatoes(Wheat), Minted Dairy free Yogurt, Kimchi Carrot & Cabbage Salad |  | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
| Battered Fish(Wheat/F), Chunky Chips, Garden Peas & Tomato Ketchup |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |  |  |
| Breaded Vegetable Fingers(Wheat)/Fishless Finger(Wheat), Chunky Chips, Garden Peas/Spaghetti Hoops(Wheat), Tomato Ketchup |  | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Week 2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Tikka & Potato Masala, Garlic & Coriander Naan(Wheat/M), Poppadoms, Minted Raita(M) |  | ✔ |  |  |  |  | ✔ |  | ✔ |  |  |  |  |  |
| Pea & Potato Curry , Garlic & Coriander Pitta(Wheat), Poppadoms, Dairy Free Minted Raita |  | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato, Mixed Grated Cheeses(M), Baked Beans, Tuna Mayonnaise(E/F) & Salad |  |  |  | ✔ | ✔ |  | ✔ |  |  |  |  |  |  |  |
| Jacket Potato, Sweetcorn, Baked Beans, Dairy Free Coleslaw, Vegan Grated Cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Burger, Bun(Wheat), Cheese Slice(M), Skin-on Fries, Ketchup, Mixed Sliced Salad |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Vegetable Bean Burger, Bun(Wheat), Vegan Cheese, Skin-on Fries, Ketchup, Mixed Sliced Salad |  | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Sausages(Wheat/SD) & Gravy, Sauté Potatoes, Spring Green Vegetables |  | ✔ |  |  |  |  |  |  |  |  |  |  |  | ✔ |
| Vegetable Sausages(Wheat/C) & Gravy, Sauté Potatoes, Spring Green Vegetables | ✔ | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
| Stone-baked Margherita pizza(Wheat/M/SY), Curly fries (Wheat), BBQ Sauce, Mixed Leaf Salad |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Vegan Cheese, Tomato(Wheat)/BBQ Jackfruit Pizzas (Wheat/Barley), Curly fries (Wheat), BBQ Sauce, Mixed Leaf Salad |  | ✔ |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Desserts / Primary Biscuits** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Choc Chip Muffin (Wheat) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Marble Cake (Wheat/May Barley) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Biscoff & White Chocolate Chip Brownie (Wheat) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Croissant (Wheat) |  | ✔ |  | May |  |  | ✔ |  |  | May | May |  | May |  |
| Coconut Macaroons (Wheat/May Barley) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chocolate Doughnuts (Wheat/Oats) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Cola Cake Oreo Crumble (Wheat/May Barley) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Choc Chip Cookie (Wheat) |  | ✔ |  | May |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chocolate Sponge Cake (Wheat/May Barley) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Flapjacks (Oat/May Barley) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chocolate digestive (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Custard creams (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  | May |  |  |
| Digestive biscuits (Oats, Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Bourbon creams (Wheat) |  | ✔ |  |  |  |  | May |  |  |  |  |  |  |  |
| Nice Biscuits (Wheat) |  | ✔ |  |  |  |  | May |  |  |  |  |  |  |  |
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| **Breakfast and** **Break snacks** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Buttered Toasted Wholemeal Bread (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Buttered Crumpets (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Buttered Currant tea cakes (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  | May |  |  |
| Hash Browns |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheesy Naan Pizza (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Cheese Toasties (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Cheese & Onion Roll (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Pain au Chocolat (Wheat) |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Scrambled eggs |  |  |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Chicken Sausage (Wheat) |  | ✔ |  |  |  |  |  |  |  |  |  |  |  | ✔ |
| Quorn Sausage (Wheat, Barley) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Baked beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mushrooms |  |  |  |  |  |  | ✔ |  |  |  |  |  |  |  |
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