DISHES AND THEIR ALLERGEN CONTENT – Ventrus – Primary School – Autumn/Winter 2022/23 V Contains

May Contain

			X			Lupin Flour			MUSTARD				6	Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Margherita Pizza Base Mix		✓		\checkmark			✓						\checkmark	
Margherita Pizza Base		\checkmark												
Beef Nacho														
Roast Turkey														
Big Brunch	(√)	\checkmark		\checkmark			\checkmark		(√)					
Fish Finger		✓			\checkmark									
Spinach & Mozzarella Bake		✓					\checkmark							
Beef Burger														
Beef Burger Gibbins	\checkmark	✓											\checkmark	\checkmark
Roast Chicken														
Cottage Pie														
HR Salmon Fillet		\checkmark			~									
Cheese & Onion Quiche		✓		\checkmark			\checkmark		✓					
Mince Beef Lasagne		\checkmark		\checkmark			\checkmark							

			X			Lupin Flour			MUSTARD				- Co	WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast Pork & Apple Sauce														
Roast Gammon														
Pork Meatball in Tom.Sauce		\checkmark											~	\checkmark
Breaded Fish		\checkmark			\checkmark									
Butchers Sausage		\checkmark												
Butchers Sausage (Gibbins)	\checkmark	✓							\checkmark					\checkmark
VEGETARIAN														
Haloumi Stuffed Peppers							\checkmark							
Quorn Nachos		\checkmark		\checkmark										
Mexican Bean Burrito		✓		\checkmark										
Cauli & Broccoli Bake		✓					\checkmark		✓					
Veggie Big Bunch		✓		\checkmark			✓							
Vegan Quorn Nuggets		\checkmark												
Veggie Burger		\checkmark					\checkmark							\checkmark
Macaroni Cheese		\checkmark					✓							
Cauliflower Bites														

						Lupin Flour			MUSTARD				- Co	Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sweet Potato. Spinach & Lentil Curry		√												
Cheese Wheel		\checkmark		\checkmark			\checkmark		\checkmark					
Quorn Veg Chili		\checkmark		\checkmark										
Plant Based Meatballs														
Quorn Fillet		✓												
Veggie Lasagne		✓					>							
Vegan Sausage Roll		✓											\checkmark	\checkmark
Vegan Sausage Roll (C. Range)		✓					~						<	
Veggie Sausage		✓												
PUDDINGS														
Chocolate Slice		\checkmark		>			>							
Fruit Smoothie														
Fruit Cocktail														
Apple Crumble		✓												
Pancakes		✓		\checkmark			\checkmark							
Carrot Cake		\checkmark		>										

			X			Lupin Flour			MUSTARD				- Co	WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mandarin Jelly														
Cheese, Crackers & Apple		✓					√							
Chocolate Drop Biscuit		\checkmark												
Chocolate & Date Biscuit		\checkmark		<										
Ginger Biscuit		✓												
Lemon Biscuit		\checkmark												
Apple & Raspberry Cake		✓		✓										
Yoghurt							\checkmark							
SIDES														
Malted Baguettes		✓										\checkmark		
Sweetcorn														
Broccoli														
Cheese							\checkmark							
Baked Beans														
Tuna Mayo				√	\checkmark									
Country Range Wedges														

						Lupin Flour			MUSTARD				• <u>}</u>	Corr WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Green Beans														
Peas														
Roasted Potatoes														
Cabbage														
Sliced Carrots														
Chips														
Tomato Sauce														
Carrot & Cucumber Sticks														
Corn on the Cob														
Salad														
Wholegrain Rice														
Hot Dog Roll(Torpedo Roll)		✓												
Burger Bap		\checkmark										\checkmark		
GF Sausages													\checkmark	
GF Burgers														
Stuffing		\checkmark											\checkmark	

						Lupin Flour			MUSTARD					
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Caters Choice Gravy Granules														
Hash Browns		\checkmark		\checkmark			\checkmark							
Custard							\checkmark							
Chocolate Sauce							>							
Diced Potatoes														
Sausage Roll		>					\checkmark							