## DISHES AND THEIR ALLERGEN CONTENT - Ventrus - Primary School - Spring/Summer 2022

$\checkmark$ Contains $\checkmark$ May Contain

|  | khe |  |  | $\sqrt{\infty}$ | $\square^{8}$ |  |  |  |  | (13) | $0$ |  | d88 | $\Theta^{\text {ma }}$ |
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|  | Celery | $\underset{\substack{\text { Cerearas } \\ \text { containing } \\ \text { gluten }}}{\text { and }}$ | Crustacans | Eggs | Fish | Lupin | Mik | Mollusca | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Sesame } \\ & \text { seeds } \end{aligned}$ | Soya | ${ }_{\substack{\text { Suphur } \\ \text { Dioxide }}}^{\text {Sut }}$ |
| Macaroni Cheese |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| $\begin{gathered} \hline \text { Beef Burger } \\ \text { PD } \\ \hline \end{gathered}$ |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Beef Burger Gibbins | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Roast Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ Chicken |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |
| Fish Finger |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Cheese Wheel |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Pasta Bolognaise |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Gammon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { HR Salmon } \\ & \text { Fillet } \end{aligned}$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Butchers Sausage |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Butchers } \\ & \text { Sausage } \\ & \text { (Gibbins) } \end{aligned}$ | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Margherita Pizza Base |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Margherita Pizza Bas |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |


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|  | Celery | $\qquad$ containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Chicken \& Noodles |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Roast Pork \& Apple Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pork Meatball Pot Roast |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Breaded Fish |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| VEGETARIAN |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Feta Stuffed Peppers |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Quorn Hot Dog |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Quorn Fillet |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Cottage Pie |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan Quorn Nuggets |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Roasted Veg \& Tom Pasta |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Veggie Lasagna |  | $\checkmark$ |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Homity Pie |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Veggie Sausage |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Pizza Muffins |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| Spinach \& Mozzarella Bake |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |


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|  | Celery | $\qquad$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Sweet \& Sour Quorn Pieces |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| $\qquad$ | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| Vegan Sausage Roll |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Vegan Sausage Roll (C. Range) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Veggie Burger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PUDDINGS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pip Organic Ice Lolly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Brownie |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  | $\checkmark$ |  |
| Fruit Smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruity Flapjack |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Lemon Drizzle Cake |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Pancakes |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Date \& Apple Cake |  | $\checkmark$ |  | $\sqrt{ }$ |  |  |  |  |  |  | - |  | $\checkmark$ |  |
| Pineapple Cake |  | $\checkmark$ |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mandarin Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Cracknel |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |


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|  | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \\ \hline \end{gathered}$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| SIDES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Malted Baguettes |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna Mayo |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Country Range Wedges |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roasted Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cabbage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sliced Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot \& Cucumber Sticks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


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|  | Celery | $\begin{gathered} \text { Cereala } \\ \text { containing } \\ \text { gluten } \end{gathered}$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | ( Sesame | Soya | Sulphur Dioxide |
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