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

$\checkmark$ Contains $\checkmark$ May Contain

|  | 繕 |  |  | $\sqrt[n]{n}$ | \% | $9$ |  | (c) | Essaom | (3) | osis |  | $188$ | $\underbrace{\text { m }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \end{gathered}$ | Crustacans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | Sesame <br> seeds | Soya | $\underbrace{}_{\substack{\text { Sulphur } \\ \text { Dioxide }}}$ |
| Macaroni Cheese |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| $\begin{gathered} \hline \text { Beef Burger } \\ \text { PD } \\ \hline \end{gathered}$ |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Beef Burger Gibbins |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Roast Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ Chicken |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |
| Fish Finger |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Cheese Wheel |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Pasta Bolognaise |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{array}{c\|} \hline \text { Roast } \\ \text { Gammon } \end{array}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { HR Salmon } \\ & \text { Fillet } \end{aligned}$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |
| Butchers Sausage |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Margherita Pizza Base Mix |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Margherita Pizza Base |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Chicken \& Noodles |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Roast Pork \& Apple Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


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


|  |  |  |  |  | 药 |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | $\qquad$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Vegan <br> Sausage Roll |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Veggie Burger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PUDDINGS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pip Organic Ice Lolly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Brownie |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Fruit Smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruity Flapjack |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Lemon Drizzle Cake |  | $\checkmark$ |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Pancakes |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Date \& Apple Cake |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Pineapple Cake |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mandarin Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Cracknel |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| SIDES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Malted Baguettes |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


|  | you |  |  |  |  |  |  |  |  |  |  |  |  | $\overbrace{}^{\text {mex }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusca | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna Mayo |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Country Range Wedges |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roasted Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cabbage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sliced Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot \& Cucumber Sticks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corn on the Cob |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stir Fried Veg. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholegrain Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


|  | ＊ |  | 等等 |  | \％ |  |  | $\cdots$ |  | \％${ }^{\text {a }}$ | 宜 |  | d |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ame | $=$ | $\pm$ | $\cdots$ | － | $\cdots$ | ＂ | ${ }^{+\prime+}$ | ${ }^{*}$ | ＂．＂－m＂ | ＝ | \％ | $\pm$ |
| moas |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| mosoent |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| mostap |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ceames |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

