DISHES AND THEIR ALLERGEN CONTENT – THE BLACKWELL KITCHEN SPRING TERM 1 & 2 - 2019

DISHES						Lupin Flour	Milk		MUSTARD			ISSAMI OL		Boor WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Macaroni Cheese		✓					√		✓					
Spaghetti Bolognese		√			√									
Roast Chicken, Roast Potatoes, Mixed Veg & Gravy														
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Baked Pot, Tuna Mayo, Cheese, Beans & Salad					√		√							
Poached Salmon, Tom/veg sauce couscous		√			√									
Pasta, Peas & Bacon		√					√							
Cottage Pie		✓												
Pork Casserole		✓												
Chicken Goujons Rainbow Rice		✓		✓										
Sausage, Mash & Beans		√												
Beef Burrito		✓												
Margharita Pizza & Salad		√					√							
Lam Stew Dumpling M/veg		√												
Chicken Tarragon Pasta		√					√							
Chilli Con Carne couscous		✓												

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Fish Pie m/veg	✓		✓	✓				
Pork Meatballs tom sauce spaghetti	√	✓		√				
Chicken Pumpkin sauce & Rice				√				
Hot Dog & Corn	✓							
Anzac Biscuit	✓			✓				
Orange sultana Cookie	✓			√				
Yogurt Pot				√				
Fruity Flapjack	√			✓				✓
Cranberry Biscuit	✓	✓		✓				
Jam Roly Poly & Custard	✓			✓				
Strawberry thumbprint cookie	✓	✓		√				
Custard Biscuit	✓	✓		√				
Date & Pear Sponge	✓	✓		√				✓
Lemon Biscuit	✓	✓		✓				
Jam & Coconut Sponge	✓	✓		✓				
Banana & Apple Sponge	✓	✓		√				
Carrot Cake	✓	✓						
Apricot & Blueberry Cake	√	✓		√				✓

Review date: 2.1.19 Reviewed by: Sharon Barker

