


DISHES AND THEIR ALLERGEN CONTENT – THE BLACKWELL KITCHEN 2022-2023

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Spaghetti Bolognese		✓			✓									
Fish Pie		✓			✓		✓		✓					
Roast Chicken, Roast Potatoes, Mixed Veg & Gravy														
Fish Cake		✓			✓		✓		✓					
Cod Bites		✓			✓									
Blueberry Muffin		✓		✓			✓							
Bean Burrito		✓												
Poached Salmon, Tom & Veg Sauce & couscous		✓			✓									
Fruity Flapjack		✓					✓							
Macaroni Cheese		✓					✓		✓					
Pasta Peas & Bacon		✓					✓							✓
Fruit Cake, apple, apricot		✓		✓			✓							
Sausage, Mash & Beans		✓												
Chicken Curry		✓		✓			✓		✓					
Baked Pot, Tuna Mayo, Cheese, Beans & Salad					✓		✓							

Carrot Cake		✓		✓										✓
Margarita Pizza & Salad		✓					✓							
Cranberry Cookie		✓					✓							
Chicken & Tarragon Supreme with Fusilli		✓					✓							
Custard Biscuit		✓		✓			✓							
Cottage Pie, Mixed Veg		✓			✓									
Cowboy Casserole		✓		✓			✓							
Chili Con Carne with couscous		✓												
Chicken Goujons with Wedges		✓												
Tom & Veg Pasta		✓												
Lemon Biscuit		✓		✓			✓							
Shortbread		✓					✓							
Gingerbread Biscuit		✓		✓			✓							
Gingerbread Cake		✓		✓			✓							
Sausage in a bun		✓												
Yogurt							✓							
Pork Meatballs in Tom Sauce & Spaghetti		✓											✓	
Pork & Apple Casserole		✓					✓							

Banana Bread		✓		✓			✓							
Lemon & Courgette Cake		✓		✓										
Chicken Chasseur														
Anzac Biscuit		✓					✓							
Chicken Stir fry & Noodles		✓		✓						✓mc	✓mc	✓mc	✓mc	
Vegan Casserole	✓								✓				✓	
Lentil Ragu														
Mixed Bean Chili														
Vegan Quorn Nuggets		✓											✓	
Quorn Sausages		✓		✓										
Quorn Patties				✓										
Vegan Quorn Pieces		✓												
Fishless Fingers		✓												
Bean Burgers		✓												✓
Vegan Lentil Falafel		✓												
Packed Lunch – Sandwiches Ham & Cheese		✓					✓							✓
Packed Lunch – Oat & Raisin Cookie		✓					✓							

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Reviewed by: Sharon Barker



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