

DISHES AND THEIR ALLERGEN CONTENT – THE BLACKWELL KITCHEN SUMMER 2021

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Spaghetti Bolognese		✓			✓									
Roast Chicken, Roast Potatoes, Mixed Veg & Gravy														
Fish Cake		✓			✓		✓		✓					
Cod Bites		✓			✓									
Poached Salmon, Tom & Veg Sauce & cous cous		✓												
Fruity Flapjack		✓					✓							
Macaroni Cheese		✓					✓		✓					
Pasta Peas & Bacon		✓					✓							✓
Ham Sub Roll		✓												✓
Fruit Cake		✓		✓			✓							
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		✓		✓		✓								
Sausage in a bun		✓												
Yogurt						✓								
Pork Meatballs in Tom Sauce & Spaghetti		✓											✓	
Banana Bread		✓		✓		✓								
Lemon & Courgette Cake		✓		✓										
Chicken Chasseur														
Anzac Biscuit		✓				✓								
Chicken Stir fry & Noodles		✓		✓							✓mc	✓mc	✓mc	✓mc

Review date: 19.4.2021

Reviewed by: Sharon Barker



You can find this template, including more information at www.food.gov.uk/allergy