DISHES AND THEIR ALLERGEN CONTENT – THE BLACKWELL KITCHEN 2024-2024

DISHES					Do.	Lupin	Milk		MUSTARD			Side		Goor
	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		✓			✓									
Cherry & Sultana Rock Cake		√		√			✓							✓
Beef Bean Burrito		✓												
Poached Salmon, Tom & Veg Sauce & couscous		✓			✓									
White Fish, red Pepper Sauce, Rice & Broc					√									
Fruity Flapjack		✓					√							
Macaroni Cheese		√					√		√					
Pasta Peas & Bacon		✓					√							✓
Fruit Cake, apple, raspberry		✓		√			√							
Sausage, Mash & Beans		✓												✓
Chicken Curry		√		√			√		√					

Baked Pot, Tuna Mayo, Cheese, Beans & Salad		✓	✓	✓			
Carrot Cake	✓	✓					✓
Margarita Pizza & Salad	✓			✓			
Oat & Raisin 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	✓						✓
Yoghurt				√			
Pork Meatballs in Tom Sauce & Spaghetti	✓					✓	✓

Ham Sub Roll with Salad		✓								✓
Banana Bread		✓	✓	✓						
Jam & Coconut Cake		✓	✓	✓						
Chicken Chasseur										
Apple Crumble Cake		✓	✓	√						
Lemon Drizzle Cake										
Anzac Biscuit		✓		√						
Digestive Biscuit		✓		✓						
Chicken Stir fry & Noodles		✓	✓			√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	√			√				✓

Last Reviewed: 22.5.2024

Reviewed by:

Sharon Barker



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