**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 1 Monday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Premium Pork Sausage & Mashed Potato** |  | **X**  **Wheat/Gluten**  **Sausages** |  |  |  |  |  |  |  |  |  |  |  | **X**  **Sausages** |
| **Cheese & Onion Rolls** |  | **X**  **Wheat/Gluten** |  |  |  |  | **x** |  |  |  |  |  |  |  |
| **Spring Cabbage/Grated Carrots** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ice Cream & Fruit** |  |  |  |  |  |  | **X**  **ice cream** |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegetable Soup** | **X**  **Bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Potato Waffles & Spaghetti Hoops** |  | **X**  **Wheat/Gluten** |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **Wheat/Gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Melon** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fish Cakes & Chips** |  | **x**  **wheat/**  **gluten** |  |  | **x** |  |  |  |  |  |  |  |  |  |
| **Vegetarian Sausage in a Soft Finger Roll** |  | **X**  **wheat/gluten**  **roll and sausage** |  |  |  |  |  |  |  |  |  | **X**  **May contain**  **roll** |  |  |
| **Beetroot & Peas** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **High Tea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tomato Soup** | **X**  **Bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cheese Sandwich** |  | **X**  **wheat/**  **gluten** |  |  |  |  | **X**  **Spread**  **cheese** |  |  |  |  |  | **X**  **bread** |  |
| **Gammon Sandwich** |  | **X**  **wheat/**  **gluten** |  |  |  |  | **X**  **spread** |  |  |  |  |  | **X**  **bread** |  |
| **Tuna Sandwich** |  | **X**  **wheat/**  **gluten**  **bread** |  | **X**  **mayo** | **x** |  | **X**  **spread** |  |  |  |  |  | **X**  **bread** |  |
| **Oat Biscuit** |  | **X**  **wheat/oat**  **gluten** |  |  |  |  | **x** |  |  |  |  |  |  |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 1 Tuesday April 2022**

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Meals Week 1 Wednesday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Vegetable Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Creamy Macaroni Cheese** |  | **X**  **wheat/**  **gluten**  **pasta** |  |  |  |  | **X**  **cheese sauce** |  | **x** |  |  |  |  |  |
| **Popcorn Chicken & Rice** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |
| **Cucumber Sticks & Carrots** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **High Tea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lentil Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Baked Beans & Toast** |  | **X**  **wheat/**  **gluten**  **bread** |  |  |  |  |  |  |  |  |  |  | **X**  **bread** |  |
| **50/50Bread** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Vegetable Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken Fillet in a Bun & Wedges** |  | **X**  **wheat/**  **gluten**  **bun** |  |  |  |  |  |  |  |  |  | **X**  **bun** |  |  |
| **Cauliflower Cheese Bake** |  |  |  |  |  |  | **x** |  |  |  |  |  |  |  |
| **Coleslaw/Mixed Salad** |  |  |  | **X**  **coleslaw** |  |  |  |  |  |  |  |  |  |  |
| **High Tea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tuna Pasta** |  | **X**  **wheat/**  **gluten** |  | **X**  **Mayo** | **x** |  |  |  |  |  |  |  |  |  |
| **Fresh Fruit Platter** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Meals Week 1 Thursday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Vegetable Curry & Rice** | **X**  **bouillon** | **X**  **wheat/gluten**  **spices may Contain** |  |  |  |  |  |  | **X** |  |  |  |  |  |
| **Meatballs in Tomato Sauce & Spaghetti** | **X**  **bouillon** | **X**  **Wheat/Gluten**  **Pasta**  **meatballs** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweetcorn & Broccoli** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chocolate & Beetroot Cake** |  | **X**  **wheat/gluten** |  | **X** |  |  | **x** |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lentil Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegetable Fingers with Savoury Rice** | **X**  **Bouillon** | **X**  **wheat/gluten**  **vegetable fingers** |  |  |  |  |  |  |  |  |  |  | **X**  **rice** |  |
| **50/50 Bread** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 1 Friday April 2022**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 2 Monday April 2022**  DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Tortilla Chips & Tomato Dip** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken Sausage in a Finger Roll** |  | **X**  **wheat/gluten**  **sausage**  **roll** |  |  |  |  |  |  |  |  |  | **X**  **may contain**  **roll** |  | **X**  **sausage** |
| **Baked Potato with Tuna & Sweetcorn** |  |  |  | **X**  **mayo** | **x** |  |  |  |  |  |  |  |  |  |
| **Fresh Sliced Tomatoes & Broccoli** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **High Tea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lentil Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Toast & Boiled Egg** |  | **X**  **wheat/gluten**  **bread** |  | **x** |  |  | **X**  **spread** |  |  |  |  |  | **X**  **bread** |  |
| **Natural**  **Yogurt & Berries** |  |  |  |  |  |  | **X**  **yogurt** |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **wheat/gluten**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 2 Tuesday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Spaghetti Bolognaise** | **X**  **Bouillon** | **X**  **wheat/gluten**  **spaghetti** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegetable Fried Rice** | **X**  **Bouillon** | **X**  **Wheat/Gluten**  **Soya sauce** |  |  |  |  |  |  |  |  |  |  | **x** |  |
| **Hot Sweetcorn and Beetroot** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Carrot Cake** |  | **X**  **wheat/oats gluten** |  | **x** |  |  | **X**  **topping** |  |  |  |  |  |  | **X**  **Lemon juice** |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tomato Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken Bites & Potato Wedges & Salad** |  | **X**  **wheat/gluten**  **breadcrumbs** |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 2 Wednesday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Vegetable Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Steak Pie & Potatoes** | **X**  **bouillon** | **X**  **wheat/gluten**  **pastry** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cheese Panini** |  | **X**  **wheat/gluten** |  |  |  |  | **X** |  |  |  |  | **X**  **may contain** |  |  |
| **Baton Carrots and Spring Cabbage** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Melon Slice** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Baked Potato & Beans/Cheese and Salad** |  |  |  |  |  |  | **x** |  |  |  |  |  |  |  |
| **Natural Yogurt & Mixed Berries** |  |  |  |  |  |  | **x** |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 2 Thursday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Classic Breaded Fish & Chips** |  | **X**  **wheat/gluten** |  |  | **X** |  |  |  |  |  |  |  |  |  |
| **Vegetarian Sausage Rolls & Beans** |  | **X**  **wheat/gluten** |  |  |  |  | **X**  **may contain traces** |  |  |  |  |  |  |  |
| **Peas & Mixed Salad** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Biscuits and Cheese** |  | **X**  **wheat/gluten**  **biscuits** |  |  |  |  | **X**  **cheese** |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Roasted Pepper & Tomato Pasta** | **X** | **X**  **wheat/gluten** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ice Cream & Fruit** |  |  |  |  |  |  | **X**  **Ice cream** |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **wheat/**  **gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 2 Friday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Lentil Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Creamy Macaroni Cheese** |  | **X**  **wheat/gluten**  **pasta**  **mustard** |  |  |  |  | **X**  **cheese sauce** |  | **x** |  |  |  |  |  |
| **Crunchy Salmon Fingers with Baby Potatoes** |  | **X**  **wheat/gluten** |  |  | **x** |  |  |  |  |  |  |  |  |  |
| **Hot Carrots and Sliced Peppers** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lentil Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Gammon Sandwich** |  | **X**  **wheat/gluten**  **bread** |  |  |  |  | **X**  **spread** |  |  |  |  |  | **X**  **bread** |  |
| **Cheese Sandwich** |  | **X**  **wheat/gluten**  **bread** |  |  |  |  | **X**  **Cheese**  **spread** |  |  |  |  |  | **X**  **bread** |  |
| **Tuna Sandwich** |  | **X**  **wheat/gluten**  **bread** |  | **X**  **mayo** | **x** |  | **X**  **spread** |  |  |  |  |  | **X**  **bread** |  |
| **Popcorn** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **wheat/gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 3 Monday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Lentil Soup** | **x**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Mince with a Puff Pastry Top and Creamy Mash** | **x**  **bouillon** | **X wheat/gluten**  **pastry** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Baked Potato with Cheese/Coleslaw** |  |  |  | **X**  **coleslaw** |  |  | **x**  **cheese** |  |  |  |  |  |  |  |
| **Grated Carrots &Turnip** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken Fillet with Crisp Lettuce &Tomato in Bun & Sweet Potato Wedges** |  | **X wheat/gluten**  **bun** |  |  |  |  |  |  |  |  |  | **X**  **bun** |  |  |
| **Jelly & Fruit** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **Wheat/gluten** |  |  |  |  |  |  |  |  |  | **x** |  |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 3 Tuesday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Margarita Pizza** |  | **x**  **Wheat/Gluten** |  | **X**  **may contain pizza base** |  |  | **X**  **Cheese**  **pizza base may contain** |  |  |  |  |  |  |  |
| **Creamy Cajun**  **Chicken Pasta** | **x**  **Bouillon** | **x**  **Wheat/Gluten**  **Pasta** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tomato Wedges and Green Beans** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fruit Jelly** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Salmon Fish Fingers with Creamy Mash** |  | **x**  **Wheat/Gluten** |  |  | **x** |  |  |  |  |  |  |  |  |  |
| **Natural Yogurt & Mixed Berries** |  |  |  |  |  |  | **X**  **yogurt** |  |  |  |  |  |  |  |
| **Bread 50/50** |  | **x**  **Wheat/Gluten** |  |  |  |  |  |  |  |  |  |  | **X** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 3 Wednesday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Melon** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Breaded Mini Chicken Fillets & Baby Potatoes** |  | **x**  **wheat/gluten**  **chicken** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegetarian Sausage Rolls** |  | **x**  **wheat/gluten** |  |  |  |  | **X**  **may contain traces** |  |  |  |  |  |  |  |
| **Sliced Peppers and Broccoli** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **High Tea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fresh Vegetable Soup** | **x**  **Bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Baked Potato & Beans and Salad** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **x**  **wheat/gluten** |  |  |  |  |  |  |  |  |  |  | **x** |  |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 3 Thursday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Chinese Style Chicken Curry & Rice** | **X**  **bouillon** | **X**  **wheat/gluten**  **spices may contain** |  |  |  |  |  |  | **x** |  |  |  |  |  |
| **Pasta in a Fresh Tomato Sauce** | **X**  **bouillon** | **X**  **wheat/gluten**  **pasta** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweetcorn and Cucumber Sticks** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Crackers & Cheese** |  | **X**  **wheat/gluten** |  |  |  |  | **X**  **cheese** |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fresh Tomato Soup** | **X**  **bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Premier Pork Sausage in a Finger Roll with Salad** |  | **X**  **wheat/gluten**  **sausage and roll** |  |  |  |  |  |  |  |  |  | **X**  **rolls may contain** |  | **X**  **Sausage** |

**DISHES AND THEIR ALLERGEN CONTENT** – **East Ayrshire Early Years Week 3 Friday April 2022**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide** |
| **Lentil Soup** | **X**  **Bouillon** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Classic Fish & Chips** |  | **X**  **Wheat/Gluten**  **Bread**  **crumbs** |  |  | **X** |  |  |  |  |  |  |  |  |  |
| **Roasted Vegetable CousCous** | **X**  **Bouillon** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Peas & Coleslaw** |  |  |  | **X coleslaw** |  |  |  |  |  |  |  |  |  |  |
| **HIGH TEA** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **French Bread Pizza / Cherry Tomatoes & Mixed Salad** |  | **X**  **Wheat/BarleyGluten** |  |  |  |  | **X** |  |  |  |  |  |  |  |
| **Fruit Platter** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **50/50 Bread** |  | **X**  **Wheat/Gluten** |  |  |  |  |  |  |  |  |  | **x** |  |  |