**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** |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  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**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** |
| **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**

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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** |
| **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** |  |  |