



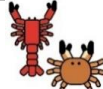













Dishes & Their Allergens















Catering Allergy Guide - Early Years Menu

2023/24















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Monday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
50/50 roll		✓		*			*						*	
Steak mince pie, mashed potato & carrots	✓	✓ pastry												
DINNER														
Potato soup (V)	✓													
Garlic Bread		✓ wheat/gluten										*		
Macaroni, & peas (V)	✓	✓ wheat/gluten					✓		✓					
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>HALAL/Vegetarian/Vegan option</u> - LUNCH - baked potato, beans & mixed salad														
<u>Dairy Free/Vegan option</u> - DINNER - tomato pasta, garlic bread & peas	✓	✓ wheat/gluten in pasta/bread										*	bread	
<u>Gluten free option</u> - steak mince & mashed potato, no Pastry	✓													
<u>Gluten Free Option</u> -DINNER- Gluten Free pasta and gluten free garlic bread	✓			✓										
* May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Tuesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken goujons, potato wedges & mixed salad		✓ wheat/gluten in chicken goujons												
Strawberry ice cream & fruit							✓							
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Pork sausages, mashed potato & turnip		✓ wheat/gluten in sausage					✓							✓
Crackers & cheese		✓ wheat/gluten in crackers					✓							
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH - vegetable fingers, potato wedges & mixed salad. Fruit sorbet		✓ wheat/gluten in vegetable fingers												
<u>Vegan option</u> - DINNER - Vegan sausages, mashed potato & turnip. Crackers & vegan cheese		✓ wheat/gluten in sausages & crackers												
<u>Dairy Free Option</u> -Lunch-fruit sorbet														
<u>Dairy Free Option</u> -Dinner-crackers & vegan cheese		✓ wheat/gluten in crackers												
<u>Gluten Free Option</u> -LUNCH Gluten free chicken goujons, potato wedges & mixed salad														
<u>Gluten Free Option</u> -Gluten free pork sausages, mashed potato & turnip													✓	✓
<u>Gluten Free Option</u> -DINNER- Crackers & cheese							✓							
<u>HALAL Option</u> -DINNER-HALAL sausages, mashed potato & turnip		✓ wheat/gluten in sausage												✓
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Wednesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Potato soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Hotdog, potato wedges & sweetcorn		wheat/gluten in sausage & roll		* roll			* roll						* roll	✓ sausage
DINNER														
Vegetable soup (V)	✓													
Chicken meatballs in tomato sauce, spaghetti & mixed salad	✓	✓ wheat/gluten in pasta & meatballs												
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH - Vegan sausages, mashed potato & turnip		✓ wheat/gluten in sausages												
<u>HALAL/Vegan option</u> - DINNER - Vegan meatballs in tomato sauce, spaghetti & mixed salad	✓	✓ barley/gluten/wheat in meatballs & pasta												
<u>Gluten Free Option</u> -LUNCH- Gluten free sausage, gluten free roll, potato wedges & sweetcorn				✓ roll									✓	✓
<u>Gluten Free Option</u> -DINNER- Gluten Free chicken meatballs in tomato sauce, gluten free spaghetti & mixed salad	✓													
<u>HALAL Option</u> -LUNCH-HALAL sausages, mashed potato & turnip		✓ wheat/gluten in sausages												✓
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Thursday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Roast chicken, Yorkshire pudding, mashed potato & broccoli	✓	✓ wheat/gluten in Yorkshires		✓ Yorkshire			✓ Yorkshire							
Peach melba sponge		✓ wheat/gluten		✓										
Custard							✓							
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Vegetable broth (V)	✓	✓ wheat/barley/ gluten												
Fish, chips & mushy peas	✓	✓ wheat/gluten in fish			✓									
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> -LUNCH- Quorn fillet, potato & broccoli	✓	✓ wheat/gluten in Quorn Fillet												
<u>Vegan option</u> - DINNER - Fishless fingers, chips & mushy peas	✓	✓ wheat/gluten in fishless Fish												
Vegan Sponge and soya custard		✓ wheat/oat/ gluten											✓ custard	
<u>Gluten Free, Dairy Free Option- Lunch-</u> Roast chicken, potato & broccoli No Yorkshire pudding	✓													
<u>Dairy Free Option</u> -Lunch-Peach melba sponge & soya custard		✓ wheat/gluten		✓									✓	
<u>Gluten Free Option</u> -DINNER- Gluten free fish, chips & peas	✓				✓									
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Friday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup (V)	✓													
Fish, chips & mushy peas	✓	wheat/ gluten in fish			✓									
50/50 roll		✓		*			*						*	
DINNER														
Steak pie, mashed potato & broccoli/cauliflower	✓	✓ pastry												
Custard							✓							
Chocolate & pear sponge		✓ wheat/ gluten		✓										
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH- Fishless fingers, chips & mushy peas	✓	✓ wheat/ gluten in fishless fish												
<u>Vegan option</u> - DINNER - Vegan sausages, mashed potato & turnip		✓ wheat/ gluten in sausages												
Vegan sponge & soya custard		✓ wheat/oat/ gluten											✓ Custard	
<u>Dairy Free Option</u> - DINNER-Peach melba sponge & soya custard		✓ wheat/ gluten		✓									✓ Custard	
<u>Gluten Free Option</u> - LUNCH-Gluten free fish, chips & peas	✓				✓									
<u>GLUTEN FREE Option</u> - DINNER-Casserole Steak(NO PASTRY), mashed potato & broccoli/cauliflower	✓													
<u>HALAL Option</u> -DINNER- Baked potato & beans														
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Monday 2023-2024















														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Potato soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Garlic Bread		✓ wheat/gluten										*		
Macaroni, & peas (V)		✓ wheat/gluten					✓		✓					
DINNER														
Vegetable soup (V)	✓													
Spaghetti bolognese & peas	✓	✓ wheat/gluten/ pasta												
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Dairy Free/Vegan option</u> - LUNCH- tomato pasta, garlic bread & peas	✓	✓ wheat/gluten in pasta & bread										* bread		
<u>HALAL/Vegan option</u> - DINNER - Vegan meatballs in tomato sauce, spaghetti & mixed salad	✓	✓ barley/gluten/ wheat in meatballs & pasta												
Gluten free spaghetti bolognese & peas	✓												✓	
carrots No Pastry	✓													
<u>Gluten Free option</u> - Gluten free sponge & custard				✓			✓ Custard							
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Tuesday 2023-2024















														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pork sausages, mashed potato & turnip		✓ wheat/gluten in sausages												✓
50/50 roll		✓ wheat/gluten		*			*						*	
Crackers & cheese		✓ wheat/gluten					✓ cheese							
DINNER														
Chicken curry, rice & sweetcorn	✓	*							✓					
Custard							✓							
Jam & coconut sponge		✓ wheat/gluten		✓										
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH - Vegan sausages, mashed potato & turnip. Crackers & Vegan cheese	✓	✓ wheat/gluten in sausages & crackers												
<u>Vegan Option</u> -DINNER- Vegetable curry, rice & sweetcorn	✓	*							✓ wheat/ gluten				✓	
Vegan Sponge and soya custard		✓ wheat/oat/ gluten											✓ custard	
<u>Dairy Free Option</u> -Lunch- Crackers & Vegan cheese		✓ wheat/gluten												
<u>Dairy Free Option</u> - DINNER-Jam & coconut sponge & Soya custard		✓ wheat/gluten		✓									✓ custard	
<u>Gluten Free Option</u> - Sponge & custard				✓			✓ custard							
<u>GLUTEN FREE Option</u> - Gluten Free pork sausages, mashed potato & turnip													✓	✓
<u>HALAL Option</u> -Gluten Free pork sausages, mashed potato & turnip													✓	✓
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Wednesday 2021-2022















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Wednesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup (V)	✓													
Chicken meatballs in tomato sauce, spaghetti & mixed salad	✓	✓ wheat/gluten in meatball & pasta												
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Potato soup (V)	✓													
Beefburger in a bun, potato wedges & sliced tomatoes		✓ wheat/gluten										✓		✓
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH - Vegan meatballs in tomato sauce, spaghetti and mixed salad	✓	✓ barley/gluten/wheat in meatballs & pasta												
<u>Vegan Option</u> - DINNER-Vegan Burger in a bun wedges & sliced tomatoes		✓ wheat/barley/gluten in burger										✓ bun	✓ burger	
<u>GLUTEN FREE Option</u> -LUNCH- Gluten Free chicken meatballs in tomato sauce, Gluten Free spaghetti & mixed salad	✓												✓ pasta	
<u>GLUTEN FREE Option</u> -DINNER- Gluten Free beef burger in a Gluten Free bun, potato wedges & sliced tomatoes				✓ bun								✓ bun	✓ burger	✓ burger
<u>HALAL Option</u> -HALAL Burger in a bun and potato wedges		✓ wheat/gluten										✓ bun		
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Thursday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Salmon fish fingers, chips & mushy peas	✓	✓ wheat/gluten in fish fingers			✓									
50/50 roll		✓ wheat/gluten		*			*						*	
Custard							✓							
Chocolate & pear sponge		✓ wheat/gluten		✓										
DINNER														
Homemade cheese & tomato pizza, potato wedges & mixed salad (V)		✓ wheat/gluten in pizza base		*			✓							
Natural yoghurt & berry sundae							✓							
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan Option - LUNCH - Fishless</u> Fingers, chips & mushy peas	✓	✓ wheat/gluten												
<u>Dairy Free, Vegan Option</u> -Alpro yogurt & berries													✓	
<u>Vegan Option</u> - DINNER-Vegan pizza, wedges & salad		✓ wheat/gluten												
Vegan Sponge and soya custard		✓ wheat/oat/gluten											✓ custard	
<u>Dairy Free Option</u> -LUNCH-Dairy Free cheese & tomato pizza, potato wedges & mixed salad		✓ wheat/gluten		*										
<u>GLUTEN FREE Option</u> -LUNCH-Homemade Gluten Free fish fingers & mushy peas	✓				✓									
<u>GLUTEN FREE Option</u> -LUNCH-Homemade Gluten Free pizza, potato wedges & mixed salad							✓							
<u>Gluten Free Option</u> - Sponge & custard				✓			✓							
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Friday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Steak pie, mashed potato & broccoli/cauliflower	✓	✓ wheat/gluten in pastry												
DINNER														
Lentil soup (V)	✓													
Fish, chips & mushy peas	✓	✓ wheat/gluten in fish			✓									
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH - Vegan Sausages, mashed potato & broccoli/cauliflower		✓ wheat/gluten in sausages												
<u>Vegan option</u> - DINNER - Fishless fingers, chips & mushy peas	✓	✓ wheat/gluten												
<u>GLUTEN FREE OPTION</u> -Steak casserole, mashed potato & broccoli/cauliflower (no pastry)	✓													
<u>GLUTEN Free Option</u> -DINNER- Homemade Gluten Free pizza, potato wedges & mixed salad							✓							
<u>HALAL Option</u> -Baked potato & beans														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Monday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Spaghetti bolognese & peas	✓	✓ wheat/gluten												
DINNER														
Lentil soup (V)	✓													
Steak mince pie, mashed potato & carrots	✓	✓ pastry												
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>HALAL/Vegan option</u> - LUNCH - Vegan meatballs in tomato sauce, spaghetti & mixed salad	✓	✓ barley/gluten/ wheat in meatballs & pasta												
<u>Vegan option</u> - DINNER - baked potato, beans & mixed salad														
<u>Gluten Free Option</u> - LUNCH-Gluten Free spaghetti bolognese & peas	✓												✓ pasta	
<u>GLUTEN FREE Option</u> -Steak mince, mashed potato & carrots (no pastry)	✓													
<u>HALAL Option</u> -Halal beef burger in a bun, potato wedges & sliced tomatoes		✓ wheat/gluten										✓		✓
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Tuesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken curry, rice & sweetcorn	✓	*							✓					
50/50 roll		✓ wheat/gluten		*			*						*	
Custard							✓							
Jam & coconut sponge and Custard		✓ wheat/gluten		✓										✓
DINNER														
Chicken goujons, potato wedges & mixed salad		✓ wheat/gluten												
Strawberry ice cream & fruit							✓							
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH-Vegetable curry, rice & sweetcorn	✓	* spices												
<u>Vegan option</u> - DINNER-Fishless Fingers, wedges & mixed salad		✓ wheat/gluten												
Vegan sponge & soya custard		✓ custard											✓ custard	
<u>Dairy Free Option</u> - LUNCH-Jam & coconut sponge & soya custard		✓ custard		✓									✓ custard	
<u>GLUTEN FREE Option</u> - DINNER-Gluten Free chicken goujons														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Wednesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Potato soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Beefburger in a bun, potato wedges & sliced tomatoes		✓ wheat/gluten in beef burger & roll										✓ roll		✓
DINNER														
Potato soup (V)	✓													
Hotdog, potato wedges & sweetcorn		✓ wheat/gluten in sausage		*			*						*	✓ sausage
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan Option</u> - LUNCH-Vegan Burger in a bun wedges & sliced tomatoes		✓ wheat/barley/ gluten										✓		
<u>Vegan option</u> - DINNER - Vegan hotdog, potato wedges & sweetcorn		✓ wheat/gluten in sausage		*	roll		*	roll					*	roll
Gluten Free beef burger in a gluten bun, potato wedges & sliced tomatoes				✓	roll							✓	✓	✓
<u>GLUTEN FREE Option</u> -Gluten Free hotdog, potato wedges & sweetcorn				✓	roll							✓	✓	✓
HALAL beef burger in a bun, potato wedges & sliced tomatoes		✓ wheat/gluten												✓burger
<u>HALAL Option</u> -HALAL hotdog, potato wedges & sweetcorn		✓ wheat/gluten		*	roll		*	roll					✓	✓
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Thursday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Homemade cheese & tomato pizza, potato wedges & mixed salad (V)		✓ wheat/gluten		*			✓							
50/50 roll		✓ wheat/gluten		*			*						*	
Natural yoghurt & berry sundae							✓							
DINNER														
Roast chicken, Yorkshire pudding, mashed potato & broccoli	✓	✓ wheat/gluten in Yorkshire		✓			✓							
Custard							✓							
Peach melba sponge		✓ wheat/gluten		✓										
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - LUNCH-Vegan pizza & potatoes wedges		✓ wheat/gluten												
Vegan Sponge and soya custard		✓ wheat/oat/gluten											✓ custard	
<u>Vegan Option</u> -DINNER-Quorn fillet, No Yorkshire pudding, potato & broccoli	✓	✓ wheat/gluten in Quorn Fillet												
<u>Vegan Option</u> -Alpro Yogurt and Berries													✓	
<u>Dairy Free Option</u> -LUNCH-Dairy Free cheese & tomato pizza, potato wedges & mixed salad (V)		✓ wheat/gluten		*										
<u>Dairy Free Option</u> -DINNER-Roast Chicken, No Yorkshire pudding, potato & broccoli	✓	✓ wheat/gluten in Quorn fillet												
<u>GLUTEN FREE Option</u> -LUNCH-Homemade gluten free pepperoni pizza, potato wedges & mixed salad							✓							
<u>GLUTEN FREE Option</u> -DINNER-Roast chicken, No Yorkshire pudding, mashed potato & broccoli	✓													
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Friday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Fish, chips & mushy peas	✓	✓ wheat/gluten			✓									
DINNER														
Vegetable soup (V)	✓													
Salmon fish fingers, chips & mushy peas	✓	✓ wheat/gluten			✓									
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
<u>Vegan option</u> - DINNER - Fishless Fingers, chips & mushy peas	✓	✓ wheat/gluten												
<u>Vegan option</u> - DINNER- Vegetable Fingers, potato wedges & mixed salad		✓ wheat/gluten in vegetable fingers												
<u>Gluten Free Option</u> - LUNCH-Gluten Free fish, chips & mushy peas	✓				✓									
<u>Gluten Free Option</u> - DINNER-Fish Fingers, chips & mushy peas	✓				✓									
*May contain traces of this allergen														