

















Dishes & Their Allergens















Catering Allergy Guide - Early Years Menu

2024/25















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Monday 2024-2025

														
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		*			*						*	
Cheese & tomato pizza, potato wedges & salad (V)		✓		*pizza Base			✓							
Potato Wedges														
DINNER														
Fresh Vegetables sticks with Tomato Dip														
Macaroni, crusty bread & peas (V)		✓ wheat/gluten					✓		✓				*	
Crusty Bread		barley/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)														
* May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Tuesday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Katsu curry with rice & salad selection	✓	wheat/gluten (breadcrumbs)											✓	
Crackers & cheese (V)		✓ wheat/gluten					✓							
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Lentil soup (V)	✓													
Pork sausage		✓ wheat/gluten												✓
Mashed Potato														
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Wednesday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Potato soup (V)	✓													
Roast chicken, Yorkshire pudding, mashed potato & seasonal veg	✓	✓ wheat/gluten Yorkshire Pudding		✓ Yorkshire Pudding			✓ Yorkshire Pudding							
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Vegan sausage roll		✓ wheat/gluten												
Beans														
Chocolate & beetroot cake		✓ wheat/gluten		✓										
Custard							✓							
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Thursday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fish		✓ wheat/gluten			✓									
Chips														
Vanilla sponge		✓ wheat/gluten		✓										
Custard							✓							
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Tomato soup (V)	✓													
Vegan dippers		✓ wheat/gluten							✓					
Diced Potatoes														
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Friday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup (V)	✓													
Sausage sizzler		✓ wheat/gluten												✓
Diced Potato														
50/50 roll		✓		*			*						*	
DINNER														
Steak Casserole	✓													
Mashed Potato														
Custard & 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)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Monday 2024-2025

														
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		*			*						*	
Macaroni Cheese		✓ wheat/gluten					✓		✓				*	
Crusty Bread		✓ barley/wheat/gluten										*		
DINNER														
Beefburger in a bun		✓ wheat/gluten roll and bun										✓ bun		✓
Potato wedges and Salad selection														
Crackers & Cheese														
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Tuesday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pork sausages		✓wheat/gluten												✓
Potatoes and seasonal veg														
50/50 roll		✓wheat/gluten		*			*						*	
Custard & fruit							✓							
DINNER														
Lentil soup	✓													
Sweet & sour chicken & rice with salad selection		✓ barley/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)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Wednesday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup (V)	✓													
Vegan sausage roll		✓ wheat/gluten												
Beans														
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Salmon fingers					✓									
Chips														
Lemon drizzle cake		✓ wheat/gluten		✓										✓
Custard							✓							
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Thursday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegan Nuggets		✓ wheat/gluten							✓					
Chips														
50/50 roll		✓ wheat/gluten		*			*						*	
Chocolate and Beetroot Cake		✓ wheat/gluten		✓										
Custard							✓							
DINNER														
Tomato soup (V)	✓													
Homemade cheese and tomato pizza		✓ wheat/gluten		* pizza base			✓							
Potato wedges														
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Friday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tomato soup (V)	✓													
50/50 roll		✓ wheat/gluten		*			*						*	
Steak Casserole	✓													
Mashed Potato														
DINNER														
Fresh vegetable sticks with tomato dip														
Lasagne	✓	✓ wheat/gluten					✓		*				*	
Crusty Bread		✓ barley/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)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Monday 2024-2025

														
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		*			*						*	
Beefburger in a bun		✓ wheat/gluten										✓ bun		✓
Potato wedges														
DINNER														
Fresh Tomato Sticks with Tomato Dip														
Cheese & tomato pizza		✓ wheat/gluten		*			✓							
Potato wedges														
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Tuesday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Sweet & sour chicken with rice & mixed salad	✓	✓ barley/wheat/gluten											✓	
50/50 roll		✓ wheat/gluten		*			*						*	
Lemon drizzle cake		wheat/gluten		✓										✓
Custard							✓							
DINNER														
Tomato soup (V)	✓													
Katsu curry & rice with salad selection	✓	✓ wheat/gluten(breadcrumbs)											✓	
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Wednesday 2024-2025

														
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		*			*						*	
Salmon fish fingers					✓									
Chips														
DINNER														
Roast Chicken, Yorkshire Pudding		✓ wheat/gluten yorkshire		✓ yorkshire			✓ yorkshire							
Mashed Potato														
Crackers & Cheese		✓ 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)														
*May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Thursday 2024-2025

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fresh vegetable sticks with tomato dip														
Homemade cheese and tomato pizza, potato wedges & mixed salad		✓ wheat/gluten		* pizza base			✓							
50/50 roll		✓ wheat/gluten		*			*						*	
DINNER														
Lentil soup (V)	✓													
Vegan dippers, chips & peas (V)		✓ wheat/gluten							✓					
Chips														
Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)														
*May contain traces of this allergen														

