

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

| | | | | | | Lupin Flour | Milk | | MUSTARD | | | TO THE PART OF THE | | WINE |
|--|--------|---------------------------------|-------------|----------------|------|----------------|----------|---------|----------|------|---------|--|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Aiik | Mollusc | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide |
| Lentil soup (V) | ✓ | | | | | | | | | | | | | |
| 50/50 roll | | ✓ wheat/gluten | | * | | | * | | | | | | * | |
| Cheese & tomato pizza, potato wedges & salad (V) | | ✓ | | *pizza Base | | | ✓ | | | | | | | |
| Potato Wedges | | | | | | | | | | | | | | |
| | | | | | D | INNER | | | | | | | | |
| Fresh Vegetables sticks with Tomato Dip | | | | | | | | | | | | | | |
| Macaroni, crusty bread & peas (V) | | ✓ wheat/gluten | | | | | √ | | √ | | | | * | |
| Crusty Bread | | barley/wheat/ gluten | | | | | | | | | | * | | |

^{*} May contain traces of this allergen

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

| | | | T _i | | | Jupin Flour | Milk | | MLISTARD | | | | | WHE CONTRACTOR |
|---|--------|---------------------------------|----------------|------|--------|----------------|------|---------|----------|------|---------|--------------|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Mik | 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)

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

| | | | | | | Jupin Flour | Milk | | MUSTARD | | | WAAN | | WINE |
|--|----------|--|-----------------|---------------------------|-------|----------------|------------------------|---------|---------|------|---------|--------|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustacean s | Eggs | Fish | Lupin | Miik | Mollusc | Mustard | Nuts | Peanuts | Sesame | 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 | | * | | | * | | | | | | * | |
| | | | | | DINNI | ER | | | | | | | | |
| 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)

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

| | | | T _i | | | upin Flour | Milk | | MUSTARD | 2 | | | | ANE |
|-----------------|--------------|---------------------------------|----------------|-----------|----------|---------------|-----------|------------|-----------|-----------|------------|-----------|------------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide |
| Fish | | ✓ wheat/gluten | | | ✓ | | | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Vanilla sponge | | ✓ wheat/gluten | | ✓ | | | | | | | | | | |
| Custard | | | | | | | ✓ | | | | | | | |
| 50/50 roll | | ✓ wheat/gluten | | * | | | * | | | | | | * | |
| | | | | | D | INNER | | | | | | | | |
| Tomato soup (V) | ✓ | | | | | | | | | | | | | |
| Vegan dippers | | ✓ wheat/gluten | | | | | | | √ | | | | | |
| Diced Potatoes | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Special Die | ts / Allergi | es (bespoke to | individual | child who | MUST hav | e gone th | rough the | Special Di | et Reques | t Process | to be able | to choose | this optic | on) |

Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)

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

| | | *** | T _i | | | upin Flour | Milk | | MUSTARD | No. | | | | |
|--------------------|---------------|---------------------------------|----------------|-----------|------------|---------------|-----------|--------------|-----------|-----------|------------|-----------|------------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide |
| Vegetable soup (V) | ✓ | | | | | | | | | | | | | |
| Sausage sizzler | | ✓ wheat/gluten | | | | | | | | | | | | ✓ |
| Diced Potato | | | | | | | | | | | | | | |
| 50/50 roll | | ✓ | | * | | | * | | | | | | * | |
| | | | | | | DINNER | | | | | | | | |
| Steak Casserole | ✓ | | | | | | | | | | | | | |
| Mashed Potato | | | | | | | | | | | | | | |
| Custard & Fruit | | | | | | | ✓ | | | | | | | |
| | | | | | | | | | | | | | | |
| Special Diets | s / Allergies | (bespoke to in | dividual chil | ld who MI | JST have g | gone throu | gh the Sp | ecial Diet I | Request P | rocess to | be able to | choose th | is option) | |
| | *May co | ontain traces | of this alle | ergen | | | | | | | | | | |

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

| | | | T _A | | () () | Lupin Flour | Milk | | MUSTARD | | | | £ | WNE |
|-----------------------------------|----------|-----------------------------------|----------------|------|---------|----------------|------|---------|----------|------|---------|--------------|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide |
| Potato soup (V) | ✓ | | | | | | | | | | | | | |
| 50/50 roll | | ✓ wheat/gluten | | * | | | * | | | | | | * | |
| Macaroni Cheese | | ✓ wheat/gluten | | | | | ✓ | | ✓ | | | | * | |
| Crusty Bread | | √ barley/wheat/g luten | | | | | | | | | | * | | |
| | | | | | D | INNER | | | | | | | | |
| 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)

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

| | | | | | | Lupin Flour | Mik | | MUSTARD | 2 | o No | | | ANS |
|--|--------|---------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|--------|----------|--------------------|
| DISHES | Celeny | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | 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 | | | | | | | | | | | 4 | |
| | | | | | | | | | | | | | | |

^{*}May contain traces of this allergen

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

| | | | | | | Jupin Flour | Milk | | MUSTARD | 2 | | | | WWE |
|--------------------|--------|---------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| 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)

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

| | | | ¥# | | | upin Flour | Milk | | MUSTARD | | | | | NNE |
|----------------------------------|-------------|---------------------------------|---------------|-----------------|----------|---------------|------------|-------------|------------|-------------|------------|--------------|--------|--------------------|
| 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 | | | | | | | ✓ | | | | | | | |
| | | | | | DII | NNER | | | | | | | | |
| Tomato soup (V) | ✓ | | | | | | | | | | | | | |
| Homemade cheese and tomato pizza | | ✓ wheat/gluten | | * pizza base | | | ✓ | | | | | | | |
| Potato wedges | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Special Diets / A | llergies (b | espoke to indivi | idual child v | vho MUST | have gon | e through | the Specia | al Diet Req | uest Proce | ess to be a | ble to cho | ose this o | ption) | |

^{*}May contain traces of this allergen

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

| | | | | | De. | Jupin Flour | Mik | | MUSTARD | | | | | WINE |
|--|-------------|-------------------------------------|---------------|---------|-----------|----------------|--------------|-------------|-----------|-------------|------------|-----------------|--------|--------------------|
| 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 | | | | | | | | | | | | | | |
| | | | | | C | INNER | | | | | | | | |
| Fresh vegetable sticks with tomato dip | | | | | | | | | | | | | | |
| Lasagne | ✓ | ✓ wheat/gluten | | | | | ✓ | | * | | | | * | |
| Crusty Bread | | √ barley/wheat/g luten | | | | | | | | | | * | | |
| | | | | | | | | | | | | | | |
| Special Diets / | Allergies (| bespoke to ind | ividual child | who MUS | T have go | ne througl | n the Specia | al Diet Req | uest Proc | ess to be a | ble to cho | ose this o | ption) | |
| | 4 | | C.1. 11 | | | | | | | | | | | |

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

| | | | | | | Jupin Flour | Mik | | MUSTARD | | | | £ | Whe |
|--|--------|---------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|--------------|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide |
| Vegetable soup (V) | ✓ | | | | | | | | | | | | | |
| 50/50 roll | | √ wheat/gluten | | * | | | * | | | | | | * | |
| Beefburger in a bun | | ✓ wheat/gluten | | | | | | | | | | √ bun | | ✓ |
| Potato wedges | | | | | | | | | | | | | | |
| | | | | | | DINNER | 2 | | | | | | | |
| 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)

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

| | | | | | | Jupin Flour | Milk | | MUSTARD | 2 | | District Control of the Control of t | - | WNE |
|--|----------|------------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|--|----------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | 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(breadcr umbs) | | | | | | | | | | | ✓ | |
| | | | | | | | | | | | | | | |

^{*}May contain traces of this allergen

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

| | | | | | | Lupin Flour | Milk | | MUSTARD | | | | 188 | WINE |
|-------------------------------------|--------|---------------------------------|-------------|-----------------------|------|----------------|-----------------------|---------|---------|------|---------|--------|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame | 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)

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

| | | | T _W | | | Lupin Riour | Mik | | [MUSTARD] | | | | | WINE | |
|---|-------------|---------------------------------|----------------|--|------|----------------|------|---------|-----------|------|---------|--------|------|--------------------|--|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Aiik | Mollusc | Mustard | Nuts | Peanuts | Sesame | 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 | | * | | | * | | | | | | * | | |
| | | | | | DIN | INER | | | | | | | | | |
| Lentil soup (V) | ✓ | | | | | | | | | | | | | | |
| Vegan dippers, chips & peas (V) | | ✓ wheat/gluten | | | | | | | ✓ | | | | | | |
| Chips | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Special Diets / A | llergies (b | espoke to indiv | idual child w | 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 Friday 2024-2025

| | | | | | | Lupin Flour | Milk | | MUSTARD | | | | | wne wne |
|--|---------|---------------------------------|--------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Aiik | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil soup (V) | ✓ | | | | | | | | | | | | | |
| 50/50 roll | | ✓ wheat/gluten | | * | | | * | | | | | | * | |
| Lasagne | ✓ | √ wheat/gluten | | | | | ✓ | | * | | | | * | |
| Crusty Bread | | √ barley/wheat/gluten | | | | | | | | | | * | | |
| | | | | | | DINNER | | | | | | | | |
| Vegetable soup (V) | ✓ | | | | | | | | | | | | | |
| Sausage Sizzler | | √ wheat/gluten | | | | | | | | | | | | ✓ |
| 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 co | ontain traces of t | his allergen | | | | | | | | | | | |