






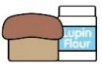










# Dishes & Their Allergens















Catering Allergy Guide - Primary Menu

2023/24



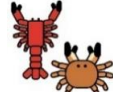











DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Monday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Steak mince pie, mashed potatoes & carrots	✓	✓ wheat												
Cheese toastie & coleslaw (V)		✓ wheat		✓			✓						✓	
Super Tattie's Tasty Tray with tuna pasta		✓ wheat		✓	✓									
Coleslaw				✓										
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
Scone & jam		✓ wheat		*			✓						✓	
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the <u>Special Diet Request Process</u>. We try to keep our recipes allergen friendly.</b>														
* May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Tuesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable broth (V)	✓	✓ wheat/barley												
Chicken goujons, potato wedges & salad bar		✓ wheat												
Vegetarian haggis, neeps & tatties (V)		✓ wheat/oats												
Super Tattie's Tasty Tray with gammon sandwich		✓ wheat											✓	
50/50 bread		✓											✓	
Strawberry ice cream & fruit							✓							
Yoghurt							✓							
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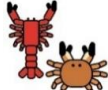









DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Wednesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Super Tattie soup (V)	✓													
Hotdog, potato wedges & salad bar		✓ wheat		*			*						*	✓
Tomato pasta & sweetcorn (V)	✓	✓ wheat												
Super Tattie's Tasty Tray with chicken mayo sandwich		✓ wheat		✓									✓	
50/50 bread		✓											✓	
Yoghurt							✓							
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Thursday 2022-2023

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Roast chicken, Yorkshire pudding, mashed potato & broccoli	✓	✓ wheat		✓			✓							
Cheese & tomato pizza, potato wedges & salad bar (V)		✓ wheat		*			✓							
Super Tattie's Tasty Tray with tuna mayo roll		✓ wheat		✓	✓		*						*	
50/50 bread		✓ wheat											✓	
Custard							✓							
Peach melba sponge		✓ wheat		✓										
Yoghurt							✓							
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - 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			✓									
Vegan dippers, chips & salad bar (V)		✓ wheat							✓					
Super Tattie's Tasty Tray with savoury cheese sandwich (V)		✓ wheat		✓			✓						✓	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
Custard creams		✓ wheat												















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\* May contain traces of this allergen

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Monday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Super Tattie soup	✓													
Macaroni & peas		✓ wheat					✓		✓					
Garlic Bread		✓ wheat										*		
Vegan sausage roll & beans		✓ wheat												
Super Tattie's Tasty Tray with chicken mayo baguette		✓ wheat		✓			*						*	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Tuesday 2023-2024



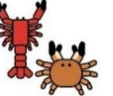











														
DISHES	Celery	Cereals contain g Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Pork sausages, mashed potato & turnip		✓ wheat												✓
Stir fry vegetable noodles & salad bar	✓	✓ wheat		✓									✓	
Super Tattie's Healthy Tray with tuna mayo roll		✓ wheat		✓	✓		*						*	
50/50 bread		✓ wheat											✓	
Crackers & cheese		✓ wheat					✓							
Yoghurt							✓							

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\* May contain traces of this allergen



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - 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 & salad bar	✓	✓ wheat												
Vegetable curry, rice & pickled onions	✓								✓					✓
Super Tattie's Tasty Tray with salmon sandwich		✓ wheat		✓	✓								✓	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
Jammie dodger		✓ wheat												
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








DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Thursday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable broth	✓	✓ wheat/barley												
Fish, chips & mushy peas	✓	✓ wheat			✓									
Baked potato & beans														
Super Tattie's Tasty Tray with tomato pasta	✓	✓ wheat												
50/50 bread		✓ wheat											✓	
Chocolate & pear sponge		✓ wheat		✓										
Custard							✓							
Yoghurt							✓							



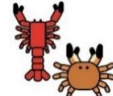











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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Friday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Steak pie, mashed potato & broccoli/cauliflower	✓	✓ wheat												
Vegan nuggets, potato wedges & salad bar		✓ wheat							✓					
Super Tattie's Tasty Tray with gammon sandwich		✓ wheat											✓	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
Chocolate cookie		✓ wheat		✓			*						*	
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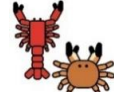


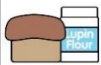








DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Monday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup	✓													
Spaghetti bolognese & peas	✓	✓ wheat												
Vegetable fingers, savoury rice & salad bar	✓	✓ wheat											✓	
Super Tattie's Tasty Tray with coronation chicken sandwich		✓ wheat		✓					✓				✓	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
Chocolate muffin		✓ wheat		✓			✓						*	
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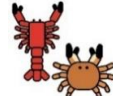











DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Tuesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Chicken curry, rice & sweetcorn	✓	*							✓					
Vegan sausage roll & beans (V)		✓ wheat												
Super Tatttie's Tasty Tray with gammon & cheese roll		✓ wheat		*			✓						*	
50/50 bread		✓ wheat											✓	
Jam & coconut sponge		✓ wheat		✓										✓
Custard							✓							
Yoghurt							✓							
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








DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Wednesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Super Tattie soup	✓													
Beefburger in a bun, potato wedges & salad bar		✓ wheat										✓		✓
Macaroni cheese & salad bar		✓ wheat					✓		✓					
Garlic Bread		✓ wheat										*		
Super Tattie's Tasty Tray with tuna mayo sandwich		✓ wheat		✓	✓								✓	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
Clarkston biscuit		✓ wheat												
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Thursday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable soup (V)	✓													
Homemade pepperoni pizza, potato wedges & salad bar		✓ wheat		*			✓							
Quorn chow mein & carrots	✓	✓ wheat		✓									✓	
Super Tattie's Tasty Tray with chicken mayo pasta pot		✓ wheat		✓										
50/50 bread		✓ wheat											✓	
Angel Delight & fruit							✓							
Yoghurt							✓							
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - 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)	✓													
Fish, chips & mushy peas	✓	✓ wheat			✓									
Beans on toast		✓ wheat											✓	
Super Tattie's Tasty Tray with savoury cheese sandwich		✓ wheat		✓			✓						✓	
50/50 bread		✓ wheat											✓	
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the <u>Special Diet Request Process</u>. We try to keep our recipes allergen friendly.</b>														
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