

Dishes & Their Allergens

Catering Allergy Guide - Early Years Menu

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Monday 2022-2023

						lupin Flour	Milk		MUSTARD					WINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Ā	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
50/50 roll		✓		*			*						*	
Steak mince & creamy mashed potato	1	✓					✓							
Roasted vegetable couscous (V)	√	✓											✓	
Fresh broccoli														
Grated carrot														
	* May c	ontain trac	es of this a	llergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Tuesday 2022-2023

						Jupin Flour	Milk		MUSTARD					WHE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Σijk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Homemade cheese & tomato pizza (V)		✓		*			✓							
Creamy chicken pasta	✓	✓					✓		*				*	
50/50 roll		✓		*			*						*	
Mixed veg														
Coleslaw				✓										
Pineapple upside down cake & custard		✓		✓			✓							
	*May co	ontain trace	s of this all	lergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Wednesday 2022-2023

						Lupin Flour	Milk		MUSTARD					WNE WINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	M iii	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Fresh tomato soup (V)	✓													
50/50 roll		✓		*			*						*	
Cheese panini & potato wedges		√					✓					*		
Quorn lasagne		✓		✓			✓		*					
Garlic bread		✓					*					*		
Fresh carrots														
Sliced mixed peppers														
	*May co	ontain traces	of this alle	ergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Thursday 2022-2023

					De.	Jupin Flour	Milk		MUSTARD			GGM, G,		Boor
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Premium pork sausage in a soft finger roll		✓		*			*						*	√
Organic pasta in a fresh tomato sauce		✓							*				*	
50/50 roll		✓		*			*						*	
Mixed salad														
Spicy onions														
Chocolate ice cream & fruit							✓							
	*May co	ontain trac	os of this	allergen										

^{*}May contain traces of this allergen

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						Lupin Flour	Milk		MUSTARD					WNE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Ā	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Selection of melon														
Fish goujons & chips		✓			✓									
Vegetable fingers & savoury rice	✓	✓											✓	
50/50 roll		✓		*			*						*	
Peas														
Beetroot														
	*May co	ontain trac	es of this a	allergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Monday 2022-2023

						Jupin Flour	Milk		MUSTARD			maan n		ANE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fresh tomato soup (V)	✓													
50/50 roll		✓		*			*						*	
Pork sausages with creamy mashed potato		✓					√							✓
Stir fry vegetable rice (V)		✓											✓	
Cabbage														
Sweetcorn														
	*May co	ontain trac	es of this a	allergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Tuesday 2022-2023

						Lupin Flour	Milk		MUSTARD				- C	WHE GOOD WHE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Niik K	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Fish goujons & chips		✓			✓									
Baked potato & baked beans (V)														
50/50 roll		✓		*			*						*	
Peas														
Mixed salad														
Chocolate & banana sponge with custard		✓		✓			✓							
	*May co	ontain trac	es 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 2022-2023

						Jupin Flour	Milk		MUSTARD					Boor
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	M Hill	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Selection of melon (V)														
Steak pie with creamy mashed potato	✓	✓					✓							
French bread pizza (V)		✓					✓					*		
50/50 roll		✓		*			*						*	
Cauliflower														
Fresh Grated Carrot														
	*May co	ontain trac	es of this a	allergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Thursday 2022-2023

						Lupin Flour	Milk		MUSTARD			in the second se		WINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken meatballs in tomato sauce with pasta	√	✓							*				*	
Lentil & sweet potato korma with brown rice		*												
50/50 roll		✓		*			*						*	
Broccoli														
Beetroot														
Coconut sponge with custard		✓		✓			✓							✓
	*May co	ontain trace	es of this a	llergen										

^{*}May contain traces of this allergen

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Friday 2022-2023

						iupin Flour	Milk		MUSTARD			in the second se		WNE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fresh lentil soup (V)	✓													
50/50 roll		✓		*			*						*	
Macaroni in a creamy cheese sauce (V)		✓					✓		✓				*	
Garlic bread (V)		✓					*					*		
Chicken & pineapple with brown rice	✓													
Fresh carrots														
Cucumber ribbons														
	*May co	ontain trac	es of this a	llergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Monday 2022-2023

						Lupin Flour	Milk		MUSTARD				- J- S	WINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Σiik	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
50/50 roll		✓		*			*						*	
Salmon nibbles & savoury rice		✓			✓								✓	
Beefburger & potato wedges		✓										✓		✓
Corn on the cob														
Sliced peppers														
	*May co	ontain trace	s of this al	lergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Tuesday 2022-2023

						Lupin Flour	Milk		MUSTARD					Coo VINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Z	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetarian sausage roll & beans (V)		✓					*							
Chinese style chicken curry		*							✓					
50/50 roll		✓		*			*						*	
Spicy Onions														
Mixed salad														
Chocolate pear sponge with custard		✓		✓			✓							
	*May co	ontain trace	es of this a	llergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Wednesday 2022-2023

					D°	Lupin Flour	Milk		MUSTARD	2		Tham to		Boor WNE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Aiik	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Fresh tomato soup (V)	✓													
50/50 roll		✓		*			*						*	
Breaded chicken grill in a bun		√										✓		
Baked potato with cheese & coleslaw				✓			✓							
Peas														
Beetroot														

^{*}May contain traces of this allergen

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Thursday 2022-2023

						Lupin Flour	Milk		MUSTARD			Gow O.		WINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	N H H H	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fish goujons & chips		✓			✓									
Homemade cheese & tomato pizza (V)		√		*			✓							
50/50 roll		✓		*			*						*	
Mixed vegetables														
Coleslaw				✓										
Mini scones & jam		✓					✓							√
	*May co	ontain trace	s of this all	ergen										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Friday 2022-2023

						upin Flour	Milk		MUSTARD	2				WINE
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Σ ik	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Selection of melon														
Chicken goujons with brown rice in a mild katsu sauce		✓							√				✓	
Vegetable fingers with corn nachos & salsa (V)		√												
50/50 roll		✓		*			*						*	
Broccoli														
Grated carrots														

^{*}May contain traces of this allergen