





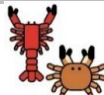











# Dishes & Their Allergens

## Catering Allergy Guide - Early Years Menu

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















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















|                                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| DISHES                               | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | 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 contain traces of this allergen**



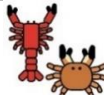











## DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 1 Wednesday 2022-2023

|                                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| 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                           |   | ✓   |   | *   |  |   | *   |   |   |   |   |   | *   |   |
| Cheese panini & potato wedges        |   | ✓   |   |   |  |   | ✓   |   |   |   |   | *   |   |   |
| Quorn lasagne                        |   | ✓   |   | ✓   |  |   | ✓   |   | *   |   |   |   |   |   |
| Garlic bread                         |   | ✓   |   |   |  |   | *   |   |   |   |   | *   |   |   |
| Fresh carrots                        |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Sliced mixed peppers                 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| *May contain traces of this allergen |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| 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 contain traces of this allergen       |   |   |   |   |  |   |   |   |   |   |   |   |   |   |















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

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| DISHES                                      | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Mollusc   | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| Selection of melon                          |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Fish goujons & chips                        |   | ✓   |   |   | ✓  |   |   |   |   |   |   |   |   |   |
| Vegetable fingers & savoury rice            | ✓   | ✓   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
| 50/50 roll                                  |   | ✓   |   | *   |  |   | *   |   |   |   |   |   | *   |   |
| Peas  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Beetroot                                    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>*May contain traces of this allergen</b> |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

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

[illegible]

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



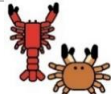











|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DISHES                                 | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish  | Lupin   | Milk  | Mollusc   | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| Fish goujons & chips                   |   | ✓   |   |   | ✓   |   |   |   |   |   |   |   |   |   |
| Baked potato & baked beans (V)         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 50/50 roll                             |   | ✓   |   | *   |   |   | *   |   |   |   |   |   | *   |   |
| Peas                                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Mixed salad                            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Chocolate & banana sponge with custard |   | ✓   |   | ✓   |   |   | ✓   |   |   |   |   |   |   |   |

**\*May contain traces of this allergen**



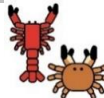













**DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Wednesday 2021-2022**

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















|                                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| DISHES                               | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | 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 contain traces of this allergen |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| 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 contain traces of this allergen**



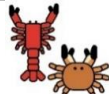











**DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 2 Friday 2022-2023**

|                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| 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 contain traces of this allergen  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

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



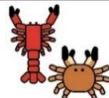











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## DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Early Years - Week 3 Tuesday 2022-2023

|                                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| DISHES                              | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | 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  |   | ✓   |   | ✓   |  |   | ✓   |   |   |   |   |   |   |   |



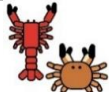











**\*May contain traces of this allergen**

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















|                                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| 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                          |   | ✓   |   | *   |  |   | *   |   |   |   |   |   | *   |   |
| 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**

|                                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| DISHES                               | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | 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 contain traces of this allergen |   |   |   |   |  |   |   |   |   |   |   |   |   |   |

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

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| DISHES  | Celery  | Cereals containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | 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                  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |