## Dishes \& Their Allergens

Catering Allergy Guide - Primary Menu

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Monday 2022-2023

|  |  |  |  |  |  |  |  |  |  |  | ose |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\lambda}{0}}{U}$ |  |  | $\begin{aligned} & 0 \\ & 0 \\ & 0 \\ & \text { 0 } \end{aligned}$ | $\frac{\sqrt{n}}{i \frac{1}{1}}$ | $\stackrel{\cong}{\bar{\partial}}$ | $\underset{\bar{\Sigma}}{\stackrel{y}{\Sigma}}$ | $\begin{aligned} & \text { un } \\ & \overline{\bar{O}} \\ & \Sigma \end{aligned}$ | $\begin{aligned} & \text { 욲 } \\ & \stackrel{H}{4} \\ & \stackrel{y}{\Sigma} \end{aligned}$ | $\frac{n}{5}$ | $n$ <br>  <br>  <br>  <br> 0 | $\begin{aligned} & \underset{\sim}{\underset{\sim}{0}} \stackrel{\sim}{0} \\ & \underset{\sim}{\otimes} \\ & \sim \\ & \sim \end{aligned}$ | io | $\begin{aligned} & \frac{1}{亏} \\ & \frac{0}{\overline{0}} \\ & \frac{0}{\bar{x}} \\ & \text { ज } \end{aligned}$ |
| Lentil soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Butchers steak mince with a pastry top served with creamy mashed potatoes | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Roasted vegetable couscous | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Super Tattie's Healthy Tray with cheese toastie (V) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Grated carrot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | 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 Primary School - Week 1 Tuesday 2022-2023

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\lambda}{U}}{U}$ |  |  | $\begin{aligned} & \text { u } \\ & \text { w } \end{aligned}$ | $\frac{\sqrt{n}}{i \frac{1}{1}}$ | $\stackrel{\cong}{\overline{3}}$ | $\underset{\bar{\Sigma}}{\stackrel{y}{\Sigma}}$ | $\frac{\underline{u n}}{\frac{\bar{O}}{\overline{0}}}$ |  | $\frac{n}{3}$ | n <br>  <br>  <br> 0 | $\begin{aligned} & \stackrel{\sim}{\varepsilon} \\ & \underset{\sim}{N} \\ & \underset{\sim}{\otimes} \\ & \sim \\ & \sim \end{aligned}$ | ${\underset{\sim}{0}}^{\pi}$ | $\begin{aligned} & \frac{1}{y} \frac{0}{ㅁ} \\ & \frac{0}{x} \\ & \frac{0}{3} \cdot \frac{0}{0} \end{aligned}$ |
| Chunky vegetable soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Creamy chicken pasta | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  | * |  |  |  | * |  |
| Homemade cheese \& tomato pizza (V) |  | $\checkmark$ |  | * |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Super Tattie's Healthy Tray with tuna mayo soft roll |  | $\checkmark$ |  | * | $\checkmark$ |  | * |  |  |  |  |  | * |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mixed veg |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Upside down pineapple sponge \& custard |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | 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 Primary School－Week 1 Wednesday 2022－2023

|  |  |  |  | $\sqrt[\infty]{\infty}$ | 血更家 |  | mike |  | $\square$ |  | Ogo |  |  | $5^{\text {mex }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{Z 亠 幺}{ভ}$ |  |  | $\begin{aligned} & \text { 品 } \\ & \text { 品 } \end{aligned}$ | $\frac{\sqrt{u}}{i x}$ | $\frac{\square}{\overline{3}}$ | $\underset{\bar{\Sigma}}{\underline{\nu}}$ | $\stackrel{U}{\underline{3}}$ | $\begin{aligned} & \text { 윤 } \\ & \stackrel{\rightharpoonup}{4} \\ & \stackrel{y}{\Sigma} \end{aligned}$ | $\stackrel{n}{2}$ |  | $\begin{aligned} & \stackrel{\sim}{E} \\ & \stackrel{n}{0} \\ & \stackrel{\sim}{\otimes} \\ & \sim \sim \sim \end{aligned}$ | $\stackrel{N}{0}_{0}^{0}$ |  |
| Fresh tomato soup（V） | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn lasagne |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | ＊ |  |  |  | ＊ |  |
| Garlic bread |  | $\checkmark$ |  |  |  |  | ＊ |  |  |  |  | ＊ |  |  |
| Chicken fillet with crisp lettuce \＆ tomato in a bun with potato wedges |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Super Tattie＇s Healthy Tray with cheese \＆ tomato panini （V） |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  | ＊ |  |  |
| 50／50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed peppers |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | 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 Primary School - Week 1 Thursday 2022-2023

|  | 等 |  |  | sm |  |  | $\underbrace{\text { mik }}_{\text {mik }}$ | (3) | $\square$ | (3) | opo |  | $088$ | $\int^{\text {me }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{Z \Delta}{U}$ |  |  | $\begin{gathered} \text { an } \\ \text { 品 } \end{gathered}$ | - | 들 | $\underset{\bar{\Sigma}}{\stackrel{\nu}{\Sigma}}$ | $\begin{aligned} & \underline{M} \\ & \stackrel{\vdots}{\bar{n}} \end{aligned}$ | $\begin{aligned} & \text { 윤 } \\ & \stackrel{5}{n} \\ & \sum \Sigma \end{aligned}$ | $\frac{n}{2}$ |  | $\begin{aligned} & \stackrel{\sim}{E} \\ & \stackrel{n}{0} \\ & \stackrel{\sim}{\otimes} \\ & \sim \end{aligned}$ | $\stackrel{0}{0}$ |  |
| Lentil soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Indian style chicken Biryani | $\checkmark$ | * |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Organic pasta in a fresh tomato sauce (V) |  | $\checkmark$ |  |  |  |  |  |  | * |  |  |  | * |  |
| Super Tattie's Healthy Tray with premium pork sausage in a soft finger roll |  | $\checkmark$ |  | * |  |  | * |  |  |  |  |  | * | $\checkmark$ |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mixed salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spicy onions |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate ice cream \& fruit |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Halal option vegetable sausage in a soft finger roll |  | $\checkmark$ |  | * |  |  | * |  |  |  |  |  | * |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Friday 2022-2023

|  |  |  |  |  | $z^{3 / 111}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{7}{U}}{U}$ |  | $n$ <br> $\pi$ <br>  <br>  <br> 0 <br> U <br> U | $\begin{aligned} & 0 \\ & \text { a } \\ & \text { W0 } \end{aligned}$ | $\frac{\sqrt{4}}{i \frac{1}{4}}$ | - 들 | $\underset{\bar{\Sigma}}{\bar{\Sigma}}$ |  | $\begin{aligned} & \text { 뮨 } \\ & \stackrel{T}{7} \\ & \sum \sum \end{aligned}$ | $\frac{n}{3}$ |  | $\begin{aligned} & \stackrel{\sim}{c} \tilde{\sim} \\ & \stackrel{0}{0} \\ & \tilde{\sim} \\ & \sim \end{aligned}$ | $\overbrace{0}^{0}$ | $\begin{aligned} & \frac{\vdots}{\frac{1}{0}} \\ & \frac{0}{x} \\ & \frac{0}{3} . \frac{1}{0} \\ & \text { n } \end{aligned}$ |
| Chunky vegetable soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish goujons \& chips |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Vegetable fingers \& savoury rice (V) | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Super Tattie's Healthy Tray with egg mayo sandwich (V) |  | $\checkmark$ |  | $\checkmark$ |  |  | * |  |  |  |  |  | $\checkmark$ |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beetroot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special option) | / Allergi | bespoke t | individu | child wh | MUST | gon | ugh the | cial | Requ | Proces | o be ab | choos |  |
| Vegan option fishless goujons \& chips |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten free option - gluten free fish fingers \& chips |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Monday 2022-2023

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\lambda}{0}}{U}$ |  |  | $\begin{aligned} & 0 \\ & 0 \\ & 0 \\ & 0 \end{aligned}$ | $\frac{5}{4}$ | $\frac{\overline{ }}{3}$ | $\underset{\bar{\Sigma}}{\underline{\sum}}$ | $\begin{aligned} & \frac{u}{\mathrm{n}} \\ & \frac{\overline{0}}{\mathrm{o}} \end{aligned}$ | $$ | $\frac{n}{3}$ |  | $\begin{array}{lc} \underset{\sim}{E} & \tilde{\sim} \\ \tilde{\sim} \\ \underset{\sim}{\sim} \\ \sim \end{array}$ | $\underset{\sim}{0}$ |  |
| Fresh tomato soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Premium pork sausages with creamy mashed potato |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Stir try vegetable rice |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Super Tattie's Healthy Tray with cheese pizzini (V) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Cabbage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Halal option chicken sausages with creamy mashed potato |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |



DISHES AND THEIR ALLERGEN CONTENT－East Ayrshire Primary School－Week 2 Tuesday 2022－2023

|  |  |  |  | $\sqrt[\infty]{\infty}$ | 血西家 |  |  | （1） | $\square$ | (3) | opio |  | $088$ | 5 ¢ ${ }^{\text {mex }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\stackrel{~}{0}}{\mathbb{U}}$ |  |  | $\begin{aligned} & \text { ロّ } \\ & \text { تٌ } \end{aligned}$ | － | $\frac{ㅡ ㅡ ㄹ ~}{3}$ | $\stackrel{\check{I}}{\bar{\Sigma}}$ | U $\stackrel{\rightharpoonup}{\overline{0}}$ $\Sigma$ |  | $\frac{n}{\Sigma}$ |  | $\begin{aligned} & \stackrel{\sim}{E} \\ & \stackrel{n}{0} \\ & \stackrel{0}{\ddot{0}} \\ & \sim \sim \sim \end{aligned}$ | $\sum_{i}^{\infty}$ |  |
| Lentil soup（V） | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish goujons \＆ chips |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Baked potato \＆baked beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Super Tattie＇s Healthy Tray with egg mayo soft roll（V） |  | $\checkmark$ |  | $\checkmark$ |  |  | ＊ |  |  |  |  |  | ＊ |  |
| 50／50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate \＆ banana sponge \＆ custard |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special Diets／Allergies（bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option） |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan option－ <br> fishless fingers <br> \＆chips |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Wednesday 2022-2023

|  |  |  |  | \&n |  |  |  |  | $\square$ | (3x) | osio |  | $\int_{0}^{88}$ | ${ }_{5}^{\text {mes }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\vec{Q}}{\mathbb{U}}$ |  |  |  | 谅 | $\stackrel{\overline{ }}{3}$ | $\underset{\underline{\Sigma}}{\stackrel{\rightharpoonup}{\Sigma}}$ | $\stackrel{u}{\stackrel{u}{3}}$ |  | $\frac{n}{2}$ |  | $\begin{aligned} & \stackrel{\rightharpoonup}{E} \\ & \stackrel{n}{0} \\ & \stackrel{0}{0} \\ & \sim \sim \sim \end{aligned}$ | $\stackrel{N}{0}_{0}^{0}$ |  |
| Chunky vegetable soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Steak pie with creamy mashed potato | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Vegetable Pakora \& dip with potato wedges (V) |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Super Tattie's Healthy Tray with French bread pizza (V) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  | * |  |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Cauliflower |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Grated carrot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special option) | ets / Allergi | (bespoke to | individua | child wh | o MUST h | e gon | rough th | Special | Req | st Proc | o be | to cho |  |
| Halal option baked potato with cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Thursday 2022-2023

|  | Nus |  |  | $\infty$ |  |  |  | O80 | $\square$ | (1) |  |  | $088$ | 5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\rightharpoonup}{0}}{U}$ |  |  | $\begin{gathered} \text { 品 } \\ \text { 感 } \end{gathered}$ | $\frac{\sqrt[5]{4}}{4}$ | $\frac{\overline{0}}{3}$ | $\underset{\bar{\Sigma}}{\stackrel{\rightharpoonup}{\Sigma}}$ |  |  | $\frac{n}{\Sigma}$ |  |  | $\stackrel{N}{0}_{0}^{0}$ |  |
| Fresh tomato soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken meatballs in a fresh tomato sauce with pasta | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  | * |  |  |  | * |  |
| Lentil \& sweet potato korma with brown rice (V) |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Super Tattie's Healthy Tray with gammon sandwich |  | $\checkmark$ |  |  |  |  | * |  |  |  |  |  | $\checkmark$ |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beetroot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crackers \& cheese |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | 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 Primary School - Week 2 Friday 2022-2023

|  |  |  |  | sm |  |  |  |  |  | (3) | $0$ |  | 088 | $)^{\text {max }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES |  |  | $\begin{aligned} & \text { n } \\ & \stackrel{0}{0} \\ & \tilde{0} \\ & \tilde{0} \\ & \stackrel{\rightharpoonup}{U} \end{aligned}$ | $\begin{gathered} \text { 品 } \\ \text { ت口 } \end{gathered}$ | - | $\frac{\text { 들 }}{}$ | $\underset{\bar{\Sigma}}{\stackrel{\Sigma}{\Sigma}}$ | $\frac{\breve{M}}{\stackrel{y}{\bar{O}}}$ | $\begin{aligned} & \text { 뮨 } \\ & \stackrel{y}{0} \\ & \stackrel{y}{\Sigma} \end{aligned}$ | $\sum_{z}^{n}$ |  | $\begin{aligned} & \stackrel{\sim}{\varkappa} \\ & \stackrel{\sim}{0} \\ & \underset{\sim}{\otimes} \\ & \sim \end{aligned}$ | $\stackrel{\pi}{0}$ |  |
| Lentil soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Creamy macaroni cheese (V) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  | * |  |
| Chicken \& pineapple with brown rice | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Super Tattie's Healthy Tray with tuna mayo soft roll |  | $\checkmark$ |  | * | $\checkmark$ |  | * |  |  |  |  |  | * |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| sticks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special option) | ts / Allergi | (bespoke | individ | child w | ho MUST | ve gone | ough t | pecia | t Req | Proc | to be ab | to cho |  |
| Vegan option - <br> vegetable <br>  <br> savoury rice |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Vegan option - <br>  <br> tomato salad soft roll |  | $\checkmark$ |  | * |  |  | * |  |  |  |  |  | * |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Monday 2022-2023

|  |  |  |  |  |  |  |  |  |  |  | On |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\lambda}{U}}{U}$ |  |  | $\begin{aligned} & 0 \\ & 0 \\ & 0 \\ & \hline 0 \end{aligned}$ | $\frac{\sqrt{n}}{i 4}$ | $\stackrel{ᅳ}{\overline{3}}$ | $\underset{\bar{\Sigma}}{\stackrel{y}{\Sigma}}$ | $\begin{aligned} & \text { u } \\ & \overline{\bar{O}} \\ & \Sigma \end{aligned}$ |  | $\frac{n}{3}$ |  | $\begin{array}{ll} \underset{\sim}{\sim} \\ \sum_{0}^{0} \\ \tilde{\omega} \\ \sim \\ \sim \\ \sim \end{array}$ | $\overbrace{0}^{0}$ |  |
| Chunky vegetable soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beefburger in a bun with potato wedges |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |
| Salmon nibbles \& savoury rice | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |
| Super Tattie's Healthy Tray with cheese sandwich (V) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sliced peppers |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special option) | s / Allerg | (bespoke | individ | child | ho MUST | ve go | throug | Spe | $\text { iet } R$ | est Prc | ss to be | le to | e this |
| Halal option - <br> Halal burger in bun with potato wedges |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Vegan option vegan nuggets \& savoury rice | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Tuesday 2022-2023

|  |  |  |  | कn | $5$ |  |  | (0) | $\square$ |  | osio |  | $088$ | $\int^{\text {max }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{Z}{U}$ |  |  | $\begin{aligned} & \text { 嵓 } \end{aligned}$ | $\frac{\sqrt{n}}{\underline{u}}$ | $\stackrel{\frac{1}{0}}{3}$ | $\underset{\bar{\Sigma}}{\underline{\Sigma}}$ | $\begin{aligned} & \frac{\breve{n}}{\bar{O}} \\ & \stackrel{\bar{O}}{\Sigma} \end{aligned}$ | $\begin{aligned} & \text { 문 } \\ & \stackrel{y}{n} \\ & \stackrel{N}{\Sigma} \end{aligned}$ | $\stackrel{n}{\Sigma}$ | $\begin{aligned} & \text { 号 } \\ & \stackrel{\rightharpoonup}{0} \\ & 0 \end{aligned}$ | $\begin{aligned} & \stackrel{\sim}{E} \\ & \stackrel{n}{0} \\ & \stackrel{\sim}{0} \\ & \sim \end{aligned}$ | $\stackrel{i}{0}_{0}^{0}$ |  |
| Lentil soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chinese style chicken curry | $\checkmark$ | * |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Vegetarian sausage rolls \& beans (V) |  | $\checkmark$ |  |  |  |  | * |  |  |  |  |  |  |  |
| Super Tatttie's Healthy Tray with gammon soft roll |  | $\checkmark$ |  | * |  |  | * |  |  |  |  |  | * |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Spicy Onions |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate \& pear sponge \& custard |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Halal option cheese soft roll |  | $\checkmark$ |  | * |  |  | $\checkmark$ |  |  |  |  |  | * |  |
| Vegan option lettuce \& tomato soft roll |  | $\checkmark$ |  | * |  |  | * |  |  |  |  |  | * |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Wednesday 2022-2023

|  | $\sqrt{4}$ |  |  |  |  |  |  |  |  |  | ose |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\lambda}{U}}{U}$ |  |  | $\begin{aligned} & \text { u0 } \\ & \text { w } \end{aligned}$ | $\frac{\sqrt{n}}{i \frac{1}{1}}$ | $\stackrel{\cong}{\overline{3}}$ | $\underset{\bar{\Sigma}}{\stackrel{y}{\Sigma}}$ |  | $\begin{aligned} & \text { 뮨 } \\ & \stackrel{y}{4} \\ & \stackrel{y}{2} \end{aligned}$ | $\frac{n}{3}$ |  | $$ | $\overbrace{0}^{0}$ |  |
| Fresh tomato soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet \& sour pork with brown rice | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Baked potato with cheese \& coleslaw (V) |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Super Tattie's healthy tray with breaded chicken grill in a bun |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beetroot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special option) | s / Allerg | (bespoke | individ | child | ho MUST | ve gon | hrough | Spec | iet R | st Proc | s to be | e to c | this |
| Halal option sweet \& sour vegetables with brown rice | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Halal option vegetable sausage in a bun |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |

Vegan option -
baked potato with
vegan cheese


DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Thursday 2022-2023

|  |  |  |  | sm |  |  |  |  | $\square$ | (3) | ospo |  | $088$ | ${ }^{\text {m m }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{\pi}{0}}{U}$ |  |  | $\begin{aligned} & \text { 咸 } \end{aligned}$ | 気 | $\stackrel{\text { 즐 }}{ }$ | $\stackrel{\check{\bar{\nu}}}{\Sigma}$ | $\stackrel{u}{\underline{\sim}}$ |  | $\frac{n}{2}$ |  | $\begin{aligned} & \stackrel{\sim}{\tilde{0}} \stackrel{n}{0} \\ & \stackrel{0}{0} \\ & \sim \sim \sim \end{aligned}$ | $\stackrel{N}{i}_{0}^{\infty}$ |  |
| Chunky vegetable soup (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish goujons \& chips |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Roasted vegetable organic pasta bake (V) |  | $\checkmark$ |  |  |  |  |  |  | * |  |  |  | * |  |
| Super Tattie's Healthy Tray with cheese \& bean toastie (V) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mixed Veg |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Vanilla ice cream \& fruit |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan \& dairy free option vegan cheese \& bean toastie |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |



DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Friday 2022-2023

|  |  |  |  | sm |  |  |  |  | $\square$ | (12) | osio |  |  | $\overbrace{0}^{\text {mex }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\vec{U}}{\ddot{U}}$ |  |  | $\begin{aligned} & \text { 品 } \\ & \text { ن口 } \end{aligned}$ | $\frac{\sqrt{i n}}{i x}$ | $\frac{\overline{ }}{3}$ | $\underset{\bar{\Sigma}}{\stackrel{y}{\Sigma}}$ | $\underline{M}$ $\stackrel{y}{\prime}$ $\bar{\circ}$ |  | $\sum_{\Sigma}^{n}$ |  | $\begin{aligned} & \stackrel{\sim}{\mathcal{E}} \\ & \stackrel{n}{0} \\ & \stackrel{\sim}{0} \\ & \sim \end{aligned}$ | $\stackrel{N}{0}_{0}^{0}$ |  |
| Lentil soup <br> (V) | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breaded chicken with brown rice \& katsu sauce | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Homemade cheese \& tomato pizza (V) |  | $\checkmark$ |  | * |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Super <br> Tattie's <br> Healthy Tray with vegetable fingers with corn nachos \& salsa (V) |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| 50/50 bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  | 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 Primary School -Homebaking

|  | * ${ }^{4}$ |  |  | \& |  |  |  |  | $\square$ |  | osgo |  |  | $5^{\text {ma }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DISHES | $\frac{\frac{Z}{0}}{\Xi}$ |  |  | ~00 | - | 들 | $\underset{\Sigma}{\stackrel{\nu}{\Sigma}}$ | $\begin{aligned} & \frac{u}{n} \\ & \overline{\bar{O}} \\ & \hline \end{aligned}$ |  | $\sum_{z}^{n}$ | n $\substack{0 \\ \\ 0 \\ 0 \\ 0}$ | $\begin{aligned} & \stackrel{\sim}{6} \\ & \stackrel{\sim}{0} \\ & \mathscr{\sim} \\ & \sim \\ & \sim \end{aligned}$ | No |  |
| Blueberry Muffin |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Forest Fruit Muffin |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Oat Biscuit |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Jammie Dodger |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Courgette Brownies |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Fruit Scone |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Plain Muffins |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Chocolate Cookie |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Yoghurt Loaf |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Banana Loaf |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Carrot Cake |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Courgette cookies |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |


| Allergy Breakdown of Meals |  |
| :---: | :---: |
| Meal | Full Allergy Breakdown |
| fresh chicken fillet in a bun with potato wedges | gluten, sesame (burger bun) |
| Gluten free option - fresh chicken fillet in a gluten free bun \& potato wedges | eggs (burger bun) |
| Gluten free option - gluten free sausage in a gluten free roll | eggs (burger bun) / sulphur dioxide, may contain soya (sausages) |
| Gluten free option - steak mince (no pastry top) \& creamy mashed potato | celery (bouillon) / milk (potatoes) |
| steak mince with a pastry top \& creamy mashed potato | celery (bouillon) / gluten (pastry top) / milk (potatoes) |
| Vegan option - vegan burger in a bun with potato wedges | barley/gluten \& soya (vegan burger) / gluten \& sesame (burger bun roll) |
| vegetable fingers \& savoury rice | gluten (vegetable fingers) / celery, soya \& gluten (rice) |
| chicken meatballs in tomato sauce with pasta | gluten, traces of mustard and soya (pasta) / wheat/gluten, celery (meatballs) |
| Dairy free option - pork sausages with mashed potato | gluten \& sulphur dioxide (pork sausages) |
| Dairy free option - steak pie with mashed potato | celery (boullion) |
| Gluten free option - gluten free sausages with creamy mashed potato | Sulphur dioxide traces of soya (gluten free sausages) / milk (creamy mashed potato) |
| Gluten free option - steak pie (no pastry) with creamy mashed potato | celery (bouillon) / gluten (pastry top) / milk (potatoes) |
| Halal option - chicken sausages with creamy mashed potato | wheat/gluten, sulphur dioxide (Halal chicken sausages) / milk (creamy mashed potato) |
| pork sausages with creamy mashed potato | gluten and sulphur dioxide (pork sausages) / milk (potatoes) |
| steak pie with creamy mashed potato | celery (boullion) / milk (potatoes) |
| Vegan option - vegetable fingers \& savoury rice | gluten (vegetable fingers) / soya and gluten (rice) |
| Vegan option - vegetable sausages with mashed potato | wheat/gluten (vegetable sausages) |
| beefburger in a bun with potato wedges | gluten, sulphur dioxide (burger) / sesame, gluten (burger roll) |
| Gluten free option - gluten free beefburger in a gluten free bun with potato wedges | soya \& sulphites (burger) / egg (burger roll) |
| Gluten free option - gluten free fish fingers \& savoury rice | fish (fish fingers) / celery (savoury rice) |
| Gluten free option - gluten free sausages \& beans | sausages sulphur dioxide and contain traces of soya (gluten free sausages) |
| Gluten free option - gluten free sausages with corn nachos \& salsa | sulphur dioxide contain traces of soya (gluten free sausages) |
| Gluten free option - non breaded chicken grill in a bun | egg (burger bun) |
| Gluten free option - roasted vegetable organic gluten free pasta bake | celery (bouillon) |


| Halal option - Halal burger in a bun with <br> potato wedges | wheat (burger) / sesame \& gluten (burger <br> roll) |
| :--- | :--- |
| salmon nibbles and savoury rice | gluten \& fish (salmon nibbles) / celery, gluten <br> \& soya (savoury rice) |
| Vegan option - vegan nuggets \& savoury rice |  <br> rice) / soya, gluten, celery (savoury rice) |
| vegetarian sausage rolls \& beans | wheat/gluten, may contain traces of milk <br> (sausage roll) |
|  |  |

