




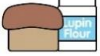












# Dishes & Their Allergens















## Catering Allergy Guide - Primary Menu

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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Butchers steak mince with a pastry top served with creamy mashed potatoes	✓	✓					✓							
Roasted vegetable couscous	✓	✓											✓	
Super Tattie's Healthy Tray with cheese toastie (V)		✓					✓						✓	
50/50 bread		✓											✓	
Broccoli														
Grated carrot														
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														

















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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chunky vegetable soup (V)	✓													
Creamy chicken pasta	✓	✓					✓		*				*	
Homemade cheese & tomato pizza (V)		✓		*			✓							
Super Tattie's Healthy Tray with tuna mayo soft roll		✓		*	✓		*						*	
50/50 bread		✓											✓	
Mixed veg														
Coleslaw				✓										
Upside down pineapple sponge & custard		✓		✓			✓							
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														

















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - 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)	✓													
Quorn lasagne		✓		✓			✓		*				*	
Garlic bread		✓					*					*		
Chicken fillet with crisp lettuce & tomato in a bun with potato wedges		✓										✓		
Super Tattie's Healthy Tray with cheese & tomato panini (V)		✓					✓					*		
50/50 bread		✓											✓	
Carrots														
Mixed peppers														
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														



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)	✓													
Indian style chicken Biryani	✓	*							✓					
Organic pasta in a fresh tomato sauce (V)		✓							*				*	
Super Tattie's Healthy Tray with premium pork sausage in a soft finger roll		✓		*			*						*	✓
50/50 bread		✓											✓	
Mixed salad														
Spicy onions														
Chocolate ice cream & fruit							✓							
Yoghurt							✓							
	<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>													
Halal option - vegetable sausage in a soft finger roll		✓		*			*						*	



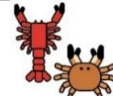



















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Monday 2022-2023



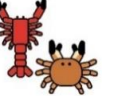











														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fresh tomato soup (V)	✓													
Premium pork sausages with creamy mashed potato		✓					✓							✓
Stir fry vegetable rice		✓											✓	
Super Tattie's Healthy Tray with cheese pizzini (V)		✓					✓							
50/50 bread		✓											✓	
Cabbage														
Sweetcorn														
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														
Halal option - chicken sausages with creamy mashed potato		✓					✓							✓





















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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chunky vegetable soup (V)	✓													
Steak pie with creamy mashed potato	✓	✓					✓							
Vegetable Pakora & dip with potato wedges (V)														✓
Super Tattie's Healthy Tray with French bread pizza (V)		✓					✓					*		
50/50 bread		✓											✓	
Cauliflower														
Grated carrot														
Yoghurt							✓							
	<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>													
Halal option - baked potato with cheese							✓							



















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Thursday 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)	✓													
Chicken meatballs in a fresh tomato sauce with pasta	✓	✓							*				*	
Lentil & sweet potato korma with brown rice (V)		✓												
Super Tattie's Healthy Tray with gammon sandwich		✓					*						✓	
50/50 bread		✓											✓	
Broccoli														
Beetroot														
Crackers & cheese		✓					✓							
Yoghurt							✓							
	<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>													



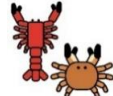











<u>Halal &amp; vegan option</u> - fresh pasta in a tomato sauce	✓	✓							*				*	
<u>Halal option</u> - cheese & tomato sandwich		✓					✓						✓	
<u>Gluten free option</u> - gluten free pasta in a vegetable tomato sauce	✓													
<u>Gluten free option</u> - gammon gluten free sandwich														
* May contain traces of this allergen														

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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Creamy macaroni cheese (V)		✓					✓		✓				*	
Chicken & pineapple with brown rice	✓													
Super Tattie's Healthy Tray with tuna mayo soft roll		✓		*	✓		*						*	
50/50 bread		✓											✓	
Carrots sticks														
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														
<u>Vegan option</u> - vegetable fingers & savoury rice		✓											✓	
<u>Vegan option</u> - lettuce & tomato salad soft roll		✓		*			*						*	

















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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chunky vegetable soup (V)	✓													
Beefburger in a bun with potato wedges		✓										✓		✓
Salmon nibbles & savoury rice	✓	✓			✓								✓	
Super Tattie's Healthy Tray with cheese sandwich (V)		✓					✓						✓	
50/50 bread		✓											✓	
Peas														
Sliced peppers														
Yoghurt							✓							
	<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>													
<u>Halal option</u> - Halal burger in bun with potato wedges		✓										✓		
<u>Vegan option</u> - vegan nuggets & savoury rice	✓	✓							✓				✓	

<u>Vegan &amp; dairy free option</u> - vegan cheese sandwich		✓											✓	
<u>Gluten free option</u> - gluten free beefburger in a gluten free bun with potato wedges				✓									✓	✓
<u>Gluten free option</u> - gluten free fish fingers & savoury rice	✓	✓			✓								✓	
<u>Gluten free option</u> - cheese gluten free sandwich				✓			✓							
* May contain traces of this allergen														















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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Chinese style chicken curry	✓	*							✓					
Vegetarian sausage rolls & beans (V)		✓					*							
Super Tatttie's Healthy Tray with gammon soft roll		✓		*			*						*	
50/50 bread		✓											✓	
Spicy Onions														
Mixed salad														
Chocolate & pear sponge & custard		✓		✓			✓							
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														
<u>Halal option</u> - cheese soft roll		✓		*			✓						*	
<u>Vegan option</u> - lettuce & tomato soft roll		✓		*			*						*	



Gluten free option - gluten free sausages & beans													*	
Gluten free option - gammon gluten free soft roll				✓										
* May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - 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)	✓													
Sweet & sour pork with brown rice	✓	✓											✓	
Baked potato with cheese & coleslaw (V)				✓			✓							
Super Tattie's healthy tray with breaded chicken grill in a bun		✓										✓		
50/50 bread		✓											✓	
Carrots														
Beetroot														
Yoghurt							✓							
	<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>													
<u>Halal option</u> - sweet & sour vegetables with brown rice	✓	✓											✓	
<u>Halal option</u> - vegetable sausage in a bun		✓										✓		

<u>Vegan option</u> - baked potato with vegan cheese														
<u>Dairy free option</u> - baked potato with vegan cheese & coleslaw				✓										
<u>Gluten free option</u> - non breaded chicken grill in a gluten free bun				✓										
* May contain traces of this allergen														



Gluten free option - gluten free fish fingers & chips					✓									
Gluten free option - cheese & bean gluten free toastie				✓			✓							
* May contain traces of this allergen														















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

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Breaded chicken with brown rice & katsu sauce	✓	✓					✓		✓				✓	
Homemade cheese & tomato pizza (V)		✓		*			✓							
Super Tattie's Healthy Tray with vegetable fingers with corn nachos & salsa (V)		✓												
50/50 bread		✓											✓	
Broccoli														
Carrots														
Yoghurt							✓							
<b>Special Diets / Allergies (bespoke to individual child who MUST have gone through the Special Diet Request Process to be able to choose this option)</b>														

<u>Vegan &amp; dairy free option - Margherita vegan pizza</u>		✓												
<u>Gluten free option - chicken strips with brown rice</u>														
<u>Gluten free option - gluten free sausages with corn nachos &amp; salsa</u>												*		

\* May contain traces of this allergen

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School -Homebaking

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	EGGS	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Blueberry Muffin		✓		✓			✓							
Forest Fruit Muffin		✓		✓			✓							
Oat Biscuit		✓					✓							
Jammie Dodger		✓					✓							✓
Courgette Brownies		✓		✓			✓							
Fruit Scone		✓					✓							
Plain Muffins		✓		✓			✓							
Chocolate Cookie		✓		✓										
Yoghurt Loaf		✓					✓							
Banana Loaf		✓		✓			✓							
Carrot Cake		✓		✓			✓						✓	
Courgette cookies		✓					✓							



<b>Allergy Breakdown of Meals</b>	
<b>Meal</b>	<b>Full Allergy Breakdown</b>
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 (bouillon)
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 (bouillon) / 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 potato wedges	wheat (burger) / sesame & gluten (burger roll)
salmon nibbles and savoury rice	gluten & fish (salmon nibbles) / celery, gluten & soya (savoury rice)
Vegan option - vegan nuggets & savoury rice	gluten/wheat, mustard (vegan nuggets & rice) / soya, gluten, celery (savoury rice)
vegetarian sausage rolls & beans	wheat/gluten, may contain traces of milk (sausage roll)