

Early Years Allergen Chart

Menu Cycle: August 2024



North Ayrshire Council
Comhairle Siorrachd Àir a Tuath

| Key | Allergen contained within dish | | | | | | | | | | | | | |
|------------------------|--|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| Y | Allergen contained within dish | | | | | | | | | | | | | |
| MC | May Contain - Allergen is present at the manufacturing site and our suppliers believe there is a significant risk in cross contamination | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Soups | | | | | | | | | | | | | | |
| Tomato Soup | Y | | | | | | | | | | | | | |
| Lentil Soup | Y | | | | | | | | | | | | | |
| Potato & Leek Soup | Y | | | | | | | | | | | | | |
| Vegetable Soup | Y | | | | | | | | | | | | | |
| Main Options | | | | | | | | | | | | | | |
| Cheese Pizza | | Y | | | | | Y | | | | | | | |
| Chicken Burger (Plain) | | Y | | M/C | | | M/C | | | | | | M/C | |
| Chicken Curry & Rice | | M/C | | | | | | | | | | | | |
| Fried Fish | | Y | | | Y | | | | | | | | | |
| Macaroni Cheese | | Y | | | | | Y | | M/C | | | | | |
| Meatballs in Gravy | Y | Y | | | | | | | | | | | M/C | M/C |
| Mince | M/C | Y | | | | | | | | | | | | |
| Pasta Bolognese | M/C | Y | | | | | | | M/C | | | | M/C | |
| Pork Sausages in Gravy | Y | Y | | | | | | | | | | | | Y |
| Quorn Curry | | M/C | | Y | | | | | | | | | | |
| Roast Chicken | Y | Y | | | | | | | | | | | | |
| Salmon Fish Fingers | | | | | Y | | | | | | | | | |
| Steak Pie | Y | Y | | Y | | | Y | | | | | | | Y |
| Tomato Pasta | Y | Y | | | | | | | M/C | | | | M/C | |
| Sausage Casserole | Y | Y | | | | | | | | | | | | Y |
| Sides/Bread | | | | | | | | | | | | | | |
| Baby Jacket Potatoes | | | | | | | | | | | | | | |
| Bread for Soup | | Y | | | | | | | | | | | Y | |
| Chips | | | | | | | | | | | | | | |
| Coleslaw | | | | Y | | | Y | | Y | | | | | |
| Creamy Potatoes | | | | | | | | | | | | | | |
| Crusty Bread | | Y | | M/C | | | M/C | | | M/C | M/C | M/C | M/C | |

