Allergen Chart Spring/Summer 2022 Week One A picture containing text, clipart

Description automatically generated

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Recipe Description  Contains **X** May Contains **O** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Southern Fried Quorn Burger |  | **X** |  |  |  |  | **X** | **X** |  | **O** |  |  |  |  |
| Vegan Cumberland Sausage |  |  |  |  |  |  |  | **X** |  |  |  |  |  |  |
| GF Beef Burger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seasoned Wedges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunchy Vege Sticks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pip Organic Apple Lolly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta Bolognaise |  |  |  |  |  |  |  | **X** |  |  |  |  |  |  |
| Garlic & Herb Bread |  |  |  |  |  |  | **O** | **X** | **O** |  |  |  |  |  |
| Tomato & Basil Pinwheels DF Vegan |  |  |  |  |  |  |  | **X** |  |  | **X** |  |  |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mendham’s Lemon Drizzle |  | **X** |  |  |  |  |  | **X** |  |  |  |  |  |  |
| Vegan/DF Lemon Drizzle Traybake |  |  |  |  |  |  |  |  | **X** |  |  |  |  |  |
| Roast Loin Pork & Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sage & Onion Stuffing |  |  |  |  |  |  |  | **X** |  |  |  |  |  |  |
| Roasted Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot & Cabbage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Potato & Lentil Plait Vegan |  |  |  |  |  |  |  | **X** |  |  |  |  |  |  |
| Toffee Apple Muffin |  | **X** |  |  |  |  | **X** | **X** |  |  |  |  |  |  |
| Apple Custard Fool GF Vegan DF |  |  |  |  |  |  |  |  | **X** |  |  |  |  |  |
| Bangers & Onion Gravy |  |  |  |  |  |  |  | **X** |  |  |  |  |  | **X** |
| Vegetable & Bean Burrito |  |  |  |  |  |  |  | **X** |  |  |  |  |  |  |
| Mashed Potato |  |  |  |  |  |  | **X** |  |  |  |  |  |  |  |
| Sweetcorn/Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ice Cream Roll |  | **X** |  |  |  |  | **X** | **X** | **X** |  |  |  |  |  |
| Fruit & Ice Cream GF |  |  |  |  |  |  | **X** |  |  |  |  |  |  |  |
| Fruit Jelly GF DF Vegan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GF DF Fish Fingers |  |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| Vegetable Goujons |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Fishless Finger Vegan |  |  |  |  |  |  |  | **X** |  |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Cake |  | **X** |  |  |  |  | **O** | **X** |  |  |  |  |  | **X** |
| Chocolate Cookie Vegan DF |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | **X** |  |  |  |  |  |  |  |