DISHES AND THEIR ALLERGEN CONTENT - SPON GATE PRIMARY SCHOOL

DISHES						upin Flour	Milk		MUSTARD			ISSAM OS.	- B	WNE Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken nuggets with smiley faces & garden peas		✓		✓			✓							
Pork sausage in a bun with potato wedges and sweetcorn		√												✓
Roast chicken, stuffing & gravy with roast potatoes & mixed veg		√												
All day breakfast with pork sausage, omelette, hash browns & beans		√		√			√							√
Fish fingers with chips & garden peas		√			√									
Beef burger, potato wedges & sweetcorn		√												
Pork sausage, roast potatoes & carrots														
Sausage roll, diced potatoes & beans		√					√							
Chicken meatballs in Bolognese sauce with garlic bread		√					√							
Chicago town cheese & tomato pizza with chips & garden peas		✓					✓							

Veggie nuggets with smiley faces & garden peas	√							
Veggie sausage in a bun with potato wedges & sweetcorn	√						√	√
Quorn roast, stuffing & gravy with roast potatoes & mixed veg	√	√		√				
All day breakfast with meat free sausage, omelette, hash brown & beans	√	✓		\checkmark				
Southern fried Kentucky vegetarian burger with potato wedges & sweetcorn	√							
Veggie sausage, roast potatoes & carrots	√							√
Jumbo fish finger, diced potatoes & beans			✓					
Veggie balls in Bolognese sauce with garlic bread	√	✓		\checkmark				
Quorn dippers, chips & peas	√	√						
Jacket potato with cheese & or baked beans				√				

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Reviewed by: M ALI



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