Allergen Table April 2024- October 2024 CPU Page 1

Recipe Name	Mustard	Soya	Celery and celeriac	Milk	Egg	Fish	Cereals containing gluten	Sesame	Sulphur dioxide and sulphites	Peanut	Nuts	Lupin	Molluscs	Crustaceans
Battered Fish	Y					Y	Y							
Beef Chilli in Soft Taco Shell				Y			Y							
Beef Kofte in Sweet Pepper & Tomato Sauce									Y					
Beef Meatloaf														
Pitta Bread							Y							
Bombay Vegetable Biryani	Y						Y							
Chicken Sausage		Y					Y		Y					
Chickpea & Vegetable Jambalaya														
Cheese & Broccoli Quiche		Y		Y	Y		Y							
Cod Fish Fingers						Y	Y							
Southern Fried Chicken Burger		Y	Y				Y	Y						
Daily Bread		Y		Y	Y		Y	Y						
Garlic & Parsley Bread Slices				Y			Y	Y						
Gravy (Vegetarian)														
Honey & Ginger Vegetable Strips Stir Fried with Egg Noodles		Y			Y		Y							
Honey & Ginger Vegetable Strips Sub Roll		Y					Y	Y						
Jacket Potato with Baked Beans														
Macaroni Cheese	Y	Y		Y			Y							
Minced Beef Cottage Pie														
Puerto Rican Chicken														
Philly-Style Cheese Dog		Y		Y			Y	Y	Y					
Quorn Carne Guisada							Y							
Roasted Chicken Drumstick														
Red Pepper & Sweetcorn Pizza				Y			Y							
Salmon Fish Fingers						Y								
Tzatziki Sauce				Y										
Vegan Sausage Roll							Y							
Vegetable Moussaka		Y		Y			Y							
Vegetable Patty	Y						Y							
Veggie Meatballs in Tomato Sauce		Y												
Vegan Vegetable Fingers Primary							Y							
Roasted Stuffed Pepper in Tomato Sauce		Y		Y										
Vegetable & Bean Chilli														

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Recipe Name	Mustard	Soya	Celery and celeriac	Milk	Egg	Fish	Cereals containing gluten	Sesame	Sulphur dioxide and sulphites	Peanut	Nuts	Lupin	Molluscs	Crustaceans
Chips (McCain Oven)														
Baked Cajun Potato Wedges- NO FAT														
Baked Potato Wedges														
Roast Potatoes (Fresh)														
Spicy Diced Potato														
Mashed Potato														
Plain Rice														
Penne Pasta	Y	Y					Y							
Baby Corn on the Cobs- Veg														
Baked Beans-Veg														
Broccoli- Veg														
Carrots- Veg														
Peas-Veg														
Green Cabbage- Veg														
Mixed Vegetable- Veg														
Roasted Cauliflower- Veg														
Roasted Mediterranean Vegetable- Veg														
Sweetcorn-Veg														
Apple and Celery Salad			Y											
Asian Noodle Salad		Y			Y		Y							
Cauliflower Ceviche with Tortilla Chips							Y							
Couscous Salad							Y							
Chef’s House Salad														
Pepper, Carrots & Cucumber sticks														
Potato Salad														
Tomato, basil & Red Onions Salad							Y		Y					
Turkish Shepherd's Salad														
Vegan Coleslaw (Homemade)														
Vegan Red Coleslaw (Homemade)														

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Recipe Name	Mustard	Soya	Celery and celeriac	Milk	Egg	Fish	Cereals containing gluten	Sesame	Sulphur dioxide and sulphites	Peanut	Nuts	Lupin	Molluscs	Crustaceans
Apple & Banana Yoghurt with Rice Krispies				Y			Y							
Apple & Berries Yoghurt Crunch				Y			Y							
Caramelised Apples with Yoghurt				Y										
Cheddar Cheese with Breadstick	Y	Y		Y			Y	Y						
Chocolate & Beetroot Brownie		Y			Y		Y							
Custard				Y										
Fresh Fruit Platter														
Fruity Yoghurt Bar				Y			Y							
Homemade Frosted Carrot Cake		Y		Y	Y		Y							
Lemon & Courgette Cake		Y		Y	Y		Y							
Lemon Drizzle Cake		Y			Y		Y							
Minted Lime & Strawberry Yoghurt				Y										
Oat Dream Cookie with Fresh Fruit		Y					Y							
Plain Sponge Cake		Y			Y		Y							
Seasonal Fresh Fruit Salad														
Tropical Fruity Yoghurt				Y										
Vanilla Ice Cream		Y		Y										