

# DISHES AND THEIR ALLERGEN CONTENT – college – Main Courses cycle 3

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef Burrito		✓ Wheat					✓							
Chicken Burrito		✓ Wheat					✓							
Veg chilli Burrito		✓ Wheat					✓							
Chicken Pasta Pot		✓ Wheat					✓ Cheese, if added							
Pasta Bolognese Pot		✓ Wheat					✓ Cheese if added							
Tomato & Basil pasta pot		✓ Wheat					✓ Cheese, if added							
Roast turkey sub roll		✓ Wheat												
Garlic roast potatoes														
Keema Lamb Pot							✓							
Chicken Tikka Pot							✓							
Onion Bhaji Burger	tbc	✓ wheat												
Cajun Chicken Breast in bun		✓ Wheat												
Tempura Battered Fish		✓ Wheat			✓									✓
Quorn pattie		✓ wheat,		✓										

