DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 2

Monday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
	Pizza whirl		✓					✓							
	Macaroni Cheese		✓					✓							
	Gluten free Pizza													✓	
	Hot pasta salad		✓												
	Whole green bean														
	Shortbread		✓												

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 2

Tuesday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Beef Bolognese															
Pasta			✓												
Vegetable Lasagne			✓					✓							
Broccoli															
Fresh fruit															

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 2

Wednesday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Roast Chicken															
Vegetable whirl			✓					✓							
Yorkshire Pudding			✓		✓			✓							
Potato															
Carrots															
Carrot cake			✓		✓										

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 2

Thursday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
	Sausage roll	may	✓	may		may		may	may	may				may	
	Vegan sausage roll		✓					✓							
	Chicken Sausage (gf)														✓
	Mash														
	Pea's														
	Fruit Crumble and custard		✓					✓							

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 2

Friday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
I	Fish Fingers		✓			✓									
	Vegan Nuggets		✓												
	Gluten free Fish					✓									
	Chips														
	Baked Beans														
	Yoghurt							✓							

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 2

Served daily

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
	Fruit														
	Tomato sauce	✓													
	Mayonnaise				✓										
	Grated cheese							✓							
	Tuna chunks in brine					✓									
	Baguette		✓										may		
	Coleslaw				✓										
	Baked beans														
	Bisto gravy														

	Yoghurts							✓							