DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 1

Monday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Main dishes Baguette pizza No nut Pesto	Baguette pizza		✓					✓					May		
	No Nut pesto		✓											✓	
Gluten free	Gluten free pizza													✓	
Sides	Hot pasta salad		✓												
	Sweetcorn														
Dessert	Flapjack		✓												

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 1

Tuesday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Fish Fingers			✓			✓									
Quorn sausage			✓												
Gluten free fish						✓									
Mash Potato															
Baked beans															
Crumble and custard			✓					✓							

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 1

Wednesday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Roast Gammon															
Vegetable Pie			✓												
Yorkshire Pudding			✓		✓			✓							
Roast Potato															
Carrots															
Sticky Toffee Muffin			✓		✓										

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 1

Thursday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Homemade Chicken Curry Vegetable Samosa	Curry	✓													
	Samosa		✓												
Rice and sides	Rice														
	Naan bread		✓												
	Green beans														
Dessert	Fruit														

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 1

Friday

Dish	Component														
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide/ Sulphites
Beef burger in a roll	Beef burger	✓	✓	may	may	may		may		May				May	✓
	Roll		✓										May		
Pork and apple			✓											✓	✓
Gluten free beef burger															
Chips / Peas															
Sticky Chocolate Brownie			✓		✓										

DISHES AND THEIR ALLERGEN CONTENT - Glenwood School: WEEK 1

Served daily

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

	Yoghurts							✓							