**DISHES AND THEIR ALLERGEN CONTENT – EAST LOTHIAN PRIMARY SCHOOLS – MAINS MEALS**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | C:\Users\frasp2\Desktop\Lentil 3.jfif |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** | **Lentils** |
| VEGAN COTTAGE PIE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SINGAPORE RICE NOODLE |  |  |  |  |  |  |  |  |  |  |  |  | **x** |  |  |
| PORK SAUSAGES |  | **x** |  |  |  |  |  |  |  |  |  |  |  | **x** |  |
| GRAVY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| VEGAN SAUSAGE ROLL |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SALMON & SWEET POTATO FISHCAKE |  | **x** |  |  | **x** |  |  |  |  |  |  |  |  |  |  |
| PASTA |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PITTA BREAD |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Ve Dog |  | **May Contain** |  |  |  |  |  |  |  |  |  |  |  | **may contain****<<10ppm** |  |
| Hot Dog Roll |  | **X** |  |  |  |  |  |  |  |  |  | **May contain** |  |  |  |
| CHILLI CON CARNE |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **x** |
| RICE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CORONATION CHICKPEA |  |  |  | **x** |  |  |  |  |  |  |  |  |  |  |  |
| PIZZA POWER |  | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| PORK MEATBALLS  |  | **<20ppm** |  |  |  |  |  |  |  |  |  |  |  | **X** |  |
| VEGAN FISH FINGER WRAP |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CHICKEN GOUJON |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| AMERICAN STYLE RICE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Review date:  |  | Reviewed by: FMS |  | Food Standards Agency food.gov.uk |  |
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| POTATO & BEAN PIE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ CHICKEN FILLET |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MACARONI  |  | ***X*** |  |  |  |  | **X** |  |  |  |  |  |  |  |  |
| POTATO WEDGES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 BEAN CHILLI |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| STEAK PIE |  | **X****PUFF PASTRY** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| HOME-MADE TOMATO SAUCE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| VEGETRAIN TACOS |  | **Tacos may contain** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| THIS Isn’t Chicken  |  | **May contain** |  |  |  |  |  |  |  |  |  |  | **X** |  |  |
| WRAP |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| SPANISH RICE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| FISH FILLET |  |  |  |  | **x** |  |  |  |  |  |  |  |  |  |  |
| CHIPS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MASH POTATOES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BEEF BURGER |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BURGER ROLL |  | **x** |  |  |  |  |  |  |  |  |  | **MAY CONTAIN** |  |  |  |
| SWEET POTATO CURRY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| FISH FINGER WRAP |  | **x** |  |  | **X** |  |  |  |  |  |  |  |  |  |  |
| QUORN DIPPER  |  | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CHEESE |  |  |  |  |  |  | **x** |  |  |  |  |  |  |  |  |
| TUNA MAYO |  |  |  | **x** | **x** |  |  |  |  |  |  |  |  |  |  |
| HAM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GARLIC BREAD |  | **x** |  |  |  |  | **x** |  |  |  |  |  | **May contain** |  |  |

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| DICED POTATOES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BABY POTATOES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CHIPS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ROAST POTATOES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 50/50 BREAD |  | **X** |  |  |  |  |  |  |  |  |  | May contain | **X** |  |  |
| WHOLEMEAL BREAD |  | **X** |  |  |  |  |  |  |  |  |  | May contain | **X** |  |  |
| BROWN MORNING ROLL |  | **X** |  |  |  |  |  |  |  |  |  | May contain | **X** |  |  |
| MALTED WHEAT BAGUETTE |  | **X** |  |  |  |  |  |  |  |  |  | May contain |  |  |  |
| PHILADELPHIACHEESE |  |  |  |  |  |  | **x** |  |  |  |  |  |  |  |  |
| MULTI SEEDED BAGEL |  | **X** |  |  |  |  |  |  |  |  |  | May contain |  |  |  |
| PANINI |  | **X** |  |  |  |  |  |  |  |  |  | May contain |  |  |  |
| CHAPATI |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |