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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **BREADED FISH** |  | **X** |  |  | **X** |  |  |  |  |  |  |  |  |  |
| **PASTA IN A TOMATO SAUCE** |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| **PORK & CARROT MEATBALLS** |  |  |  |  |  |  |  |  |  |  |  |  |  | **x** |
| **VEGETABLE CURRY** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **BEEF BOLOGNAISE**  |  | **x** |  |  |  |  | **x** |  |  |  |  |  |  |  |
| **MACARONI CHEESE** |  | **X** |  |  |  |  | **X** |  | **X** |  |  |  |  |  |
| **CHICKEN WITH SWEET CHILLI SAUCE** |  | **<20PPM** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| **VEG BIRYANI** |  | **X** |  |  |  |  | **X** |  | **X** |  |  |  |  |  |
| **PIZZA** |  | **X** |  |  |  |  | **X** |  |  |  |  |  |  |  |
| **SALMON FILLET** |  |  |  |  | **X** |  |  |  |  |  |  |  |  |  |
| **CHICKEN CURRY** |  |  |  |  |  |  |  |  | **X** |  |  |  |  |  |
| **VEGETARIN****TACOS** |  | **x** |  | **x** |  |  |  |  |  |  |  |  |  |  |

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| Review date:  |  | Reviewed by: |  | Food Standards Agency food.gov.uk | You can find this template, including more information [at www.food.gov.uk/all](http://www.food.gov.uk/allergy) |
|  |  |  |  |  |  |
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| **VEGAN DIPPERS** |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| **POTATO WEDGES** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **BEEF TERIYAKI** |  | x |  |  |  |  |  |  |  | **MAY CONTAIN** |  |  | x |  |
| **NOODLES** |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| **CHICKEN LASGANE** |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| **CREAM CHEESE &TOMATO PASTA** |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| **PIRI PIRI CHICKEN TACOS** |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
| **CHICKEN KATSU CURRY** |  | x |  |  |  |  |  |  |  |  |  |  | x |  |
| **GAMMON STEAK** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **PLANT BASED CHICKEN FAJITA** |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| **GARLIC BREAD** |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| **CHAPATI** |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |