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

| DISHES | | | | | (A) | Lupin Flour | Milk | | MUSTARD | | | MSAM OL | | WNE | |
|---|--------|---------------------------|-----------------|------|------|----------------|------|---------|----------------|----------------|----------------|-----------------|----------------|--------------------|-------------|
| | Celery | Cereals containing gluten | Crustacean s | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | Lentil s |
| VEGAN COTTAGE PIE | | | | | | | | | | | | | | | X |
| SINGAPORE RICE NOODLE | | x | | | | | | | | MAY CONTAIN | MAY CONTAIN | | x | | |
| PORK SAUSAGES | | X | | | | | | | | | | | | X | |
| GRAVY | | | | | | | | | | | | | | | |
| VEGAN SAUSAGE ROLL | | X | | | | | | | | | | | | | |
| SALMON & SWEET POTATO FISHCAKE | | x | | | x | | | | | | | | | | |
| PASTA | | X | | | | | | | | | | | | | |
| PITTA BREAD | | X | | | | | | | | | | | | | |
| HUMMUS | | | | | | | | | | | | | | | |
| PENNE PASTA | | x | | | | | | | May contain | | | | May contain | | |

| DISHES | | | | | | Lupin | Milk | | MUSTARD | | | SESAMI OIL | | Beer WNE | |
|------------------------------|--------|---------------------------|-----------------|------|------|-------|------|---------|---------|------|---------|-----------------|------|---------------------------|-------------|
| | Celery | Cereals containing gluten | Crustacean s | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | Lentil s |
| Ve Dog | | May Contain | | | | | | | | | | | | may contain <<10ppm | |
| Hot Dog Roll | | X | | | | | | | | | | May contain | | | |
| CHILLI CON CARNE | | | | | | | | | | | | | | | X |
| RICE | | | | | | | | | | | | | | | |
| CORONATIO N CHICKPEA | | | | X | | | | | | | | | | | |
| PIZZA POWER | | X | | | | | X | | | | | | | | |
| PORK MEATBALLS | | <20ppm | | | | | | | | | | | | X | |
| VEGAN FISH FINGER WRAP | | X | | | | | | | | | | | | | |
| CHICKEN GOUJON | | X | | | | | | | | | | | | | |
| AMERICAN STYLE RICE | | | | | | | | | | | | | | | |

Review date:

Reviewed by: FMS



| DISHES | | | | | | Lupin Flour | Milk | | MUSTARD | | | SECAM SECAM | | Boor | |
|------------------------------|--------|---------------------------|-----------------|------|------|----------------|------|---------|----------------|------|---------|-----------------|----------------|--------------------|---------|
| | Celery | Cereals containing gluten | Crustacean s | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | Lentils |
| POTATO & BEAN PIE | | | | | | | | | | | | | | | |
| BBQ CHICKEN FILLET | | | | | | | | | | | | | | | |
| MACARONI | | X | | | | | X | | May contain | | | | May contain | | |
| 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 | | | | | | | | | | | | | |

| DISHES | | | | | | lupin Flour | Milk | | MUSTARD | | | SSEAM | | Beer | |
|--------------------------|--------|---------------------------|-----------------|----------------|------|----------------|----------------|---------|---------|------|---------|-----------------|----------------|--------------------|---------|
| | Celery | Cereals containing gluten | Crustacean s | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | Lentils |
| SPANISH RICE | | | | | | | | | | | | | | | |
| FISH FILLET | | | | | X | | | | | | | | | | |
| CHIPS | | | | | | | | | | | | | | | |
| MASH POTATOES | | | | | | | | | | | | | | | |
| BEEF BURGER | | x | | | | | | | | | | | | | |
| BURGER ROLL | | x | | MAY CONTAIN | | | MAY CONTAIN | | | | | MAY CONTAIN | X | | |
| SWEET POTATO CURRY | | | | | | | | | | | | | | | |
| FISH FINGER WRAP | | X | | | X | | | | | | | | | | |
| QUORN DIPPER | | X | | | | | | | | | | | | | |
| CHEESE | | | | | | | x | | | | | | | | |
| TUNA MAYO | | | | x | X | | | | | | | | | | |
| HAM | | | | | | | | | | | | | | | |
| GARLIC BREAD | | x | | | | | x | | | | | | May contain | | |

| DISHES | | | | | P.S. | Lupin Flour | Milk | | MUSTARD | | | USCAMA OF THE PROPERTY OF THE | | WNE | |
|-----------------------------|--------|---------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|---|------|--------------------|---------|
| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | Lentils |
| DICED POTATOES | | | | | | | | | | | | | | | |
| BABY POTATOES | | | | | | | | | | | | | | | |
| CHIPS | | | | | | | | | | | | | | | |
| ROAST POTATOES | | | | | | | | | | | | | | | |
| 50/50 BREAD | | X | | | | | | | | | | May contain | х | | |
| WHOLEMEAL BREAD | | Х | | | | | | | | | | May contain | х | | |
| BROWN MORNING ROLL | | X | | | | | | | | | | May contain | Х | | |
| MALTED WHEAT BAGUETTE | | X | | | | | | | | | | May contain | | | |
| PHILADELPHIA CHEESE | | | | | | | X | | | | | | | | |
| MULTI SEEDED BAGEL | | X | | | | | | | | | | May contain | | | |
| PANINI | | Х | | | | | | | | | | May contain | | | |
| CHAPATI | | X | | | | | | | | | | | | | |