**Allergen Table October 2022 – April 2023 Page 1**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Recipe name | This is an image of a jar of mustard.Mustard | This is an image of soya beans.Soya | This is an image of celery and celeriac.Celery and celeriac | This is an image of a bottle and a carton of milk.Milk | This is an image of eggs.Egg | This is an image of a fish. Fish | This is  an image of cereals containing gluten..Cereals containing gluten | This is an image of burger bun with sesame seed on it.Sesame | This is an image of Sulphur dioxide and sulphites bottles.Sulphur dioxide and sulphites | This is an image of peanut.Peanut | This is an image of nuts.Nuts | This is an image of Lupin.Lupin | This is an image molluscs.Molluscs | This is an image of crustaceans.Crustaceans |
| [3](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=62746&ctlAction=open) Bean Mexican Chilli Wrap with Homemade Tomato & Veg Sauce |  |  | **Y** |  |  |  | **Y** |  |  |  |  |  |  |  |
| [African Lamb Jollof Rice](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=62746&ctlAction=open) |  |  |  |  |  |  |  |  | **Y** |  |  |  |  |  |
| [African](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=62080&ctlAction=open) Vegetable Tagine |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Barbecue Chicken  |  | **Y** |  |  |  |  | **Y** |  |  |  |  |  |  |  |
| Beef [Cottage](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=65020&ctlAction=open) Pie |  |  | **Y** | **Y** |  |  | **Y** |  |  |  |  |  |  |  |
| [Bubble](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=64888&ctlAction=open) Fish Bites |  |  |  |  |  | **Y** |  |  |  |  |  |  |  |  |
| Cheese, Tomato & Red Onion Tart | **Y** | **Y** |  | **Y** | **Y** |  | **Y** |  |  |  |  |  |  |  |
| [Chicken](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=65021&ctlAction=open) Thigh Burger in a Bun |  |  |  |  |  |  | **Y** | **Y** |  |  |  |  |  |  |
| Vegeburger |  | **Y** |  |  | **Y** |  | **Y** |  |  |  |  |  |  |  |
| Battered [Fish](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=64901&ctlAction=open) Fillet | **Y** |  |  |  |  | **Y** | **Y** |  |  |  |  |  |  |  |
| V[egan](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=58437&ctlAction=open) Sausage Roll |  | **Y** |  |  |  |  | **Y** |  | **Y** |  |  |  |  |  |
| Vegetarian Sausage |  |  |  |  |  |  | **Y** |  |  |  |  |  |  |  |
| [Roast Chicken](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=56601&ctlAction=open)  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Roast Beef](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=61538&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salmon and Broccoli Wholemeal Pasta Bake |  |  |  | **Y** |  | **Y** | **Y** |  |  |  |  |  |  |  |
| Quorn Dippers with BBQ Sauce |  | **Y** |  |  |  |  | **Y** |  |  |  |  |  |  |  |
| Macaroni Cheese | **Y** | **Y** |  | **Y** |  |  | **Y** |  |  |  |  |  |  |  |
| Mexican Fajita Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Piri Piri Veggie](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=63413&ctlAction=open) Meatballs with Wholemeal Spaghetti |  | **Y** | **Y** |  |  |  | **Y** |  |  |  |  |  |  |  |
| Ratatouille Ravioli in Homemade Tomato & Veg Sauce |  |  | **Y** |  |  |  | **Y** |  |  |  |  |  |  |  |
| [Tandoori Chicken](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=63092&ctlAction=open)  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |  |
| Homemade Pizza with Mixed Peppers and Sweetcorn |  |  | **Y** | **Y** |  |  | **Y** |  |  |  |  |  |  |  |
| Jacket Potato with Baked Beans |  |  |  |  |  |  |  |  | **Y** |  |  |  |  |  |
| Jacket Potato with Cheese |  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato with Cheese and Beans |  |  |  | **Y** |  |  |  |  | **Y** |  |  |  |  |  |
| Jacket Potato with Cheese and Coleslaw | **Y** |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato with Tuna Mayonnaise | **Y** |  |  |  |  | **Y** |  |  |  |  |  |  |  |  |
| Gravy (Vegetarian) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango Chutney |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips (McCain Oven) 05849 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oven Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Herby Diced Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Potatoes (Homemade) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Potatoes (Transport Only) McCain Original 70042 |  |  |  |  |  |  | **Y** |  |  |  |  |  |  |  |
| Wedges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholegrain Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yorkshire Pudding |  |  |  | **Y** | **Y** |  | **Y** |  |  |  |  |  |  |  |
| Flat Bread |  |  |  |  |  |  | **Y** |  |  |  |  |  |  |  |

**Allergen Table October 2022 – April 2023 Page 2**

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Daily Bread (Baguettes) |  |  |  | **Y** |  |  | **Y** |  |  |  |  |  |  |  |
| Daily Bread (Bloomer) |  | **Y** |  |  |  |  | **Y** | **Y** |  |  |  |  |  |  |
| Daily Bread (Sliced Loaves) |  | **Y** |  |  |  |  | **Y** | **Y** |  |  |  |  |  |  |
| [Baked Beans (Reduced Sugar/Salt)](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=60883&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Broccoli](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=47867&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Carrots](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=47863&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cauliflower](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=61428&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Cucumber](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=61481&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Sweetcorn](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=47862&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Sweetcorn Cobette](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=48268&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Savoy [Cabbage](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=56600&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roasted Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Garden Peas](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=47865&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Coleslaw](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=64435&ctlAction=open) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Diced Beetroot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Black Eyed Bean Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| [Fresh Crudités](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=62781&ctlAction=open) with Tomato Salsa |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |  |
| Raita |  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |
| [Cheese and Crackers (individual mini packs)](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=62167&ctlAction=open) |  |  |  | **Y** | **Y** |  | **Y** | **Y** |  |  |  |  |  |  |
| [Cheese and Crackers (multipack)](http://zest.nutriplanner.co.uk/common/recipeModify.asp?cboRecipe=62165&ctlAction=open) |  |  |  | **Y** |  |  | **Y** |  |  |  |  |  |  |  |
| Cocoa Beetroot Brownie |  | **Y** |  |  | **Y** |  | **Y** |  |  |  |  |  |  |  |
| Frozen Mango Yoghurt |  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |
| Oatmeal Cookie (Reduced Sugar) |  | **Y** |  | **Y** |  |  | **Y** |  | **Y** |  |  |  |  |  |
| Rice Pudding with Peaches |  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |
| Greek Yoghurt with Mixed Berries |  |  |  |  |  |  |  |  | **Y** |  |  |  |  |  |
| Fresh Fruit Platter |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Reduced Sugar Custard |  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |
| Organic Yoghurts |  |  |  | **Y** |  |  |  |  |  |  |  |  |  |  |