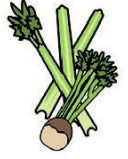





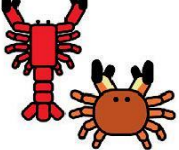
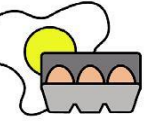





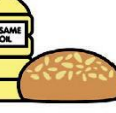

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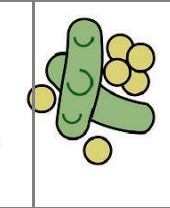
School Meals ~ Allergen Details

DISHES AND THEIR ALLERGEN CONTENT – Countess Gytha Primary School

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
TOAD IN THE HOLE		X		X			X						X	
VEGGIE TOAD IN THE HOLE		X		X			X						X	
FILLED BREAD ROLLS		X											X	
PIZZA		X					X							
ROAST DINNER													X	X
BEEF LASAGNE		X		X			X							
FISH FINGERS		X			X									
QUORN ROAST		X											X	
VEGGIE SAUSAGES		X											X	
CHICKEN BURGER IN A BUN	X						X							

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
MEATBALLS IN TOMATO SAUCE & PASTA		X											X	
COTTAGE PIE							X							
VEGGIE CRUMBLE		X					X							
FISHCAKES		X			X		X							
MACARONI CHEESE		X		X			X							
BATTERED FISH		X			X									
GARLIC BREAD		X					X							
GRATED CHEESE							X							
MASHED POTATO							X							
EGG MAYO				X					X					

DISHES														
	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHICKEN IN WHITE SAUCE & RICE		X											X	
ROAST BEEF & YORKSHIRE PUDDING		X		X			X							
SPAGHETTI BOLOGNAISE	X	X					X							
VEGGIE STIR FRY		X											X	
TOMATO TAGLIATELLE		X		X			X						X	
CHEESE OMELETTE		X		X			X							
CHICKEN & SWEETCORN QUICHE		X		X			X						X	
CHEESE & HAM PANINI		X		X			X						X	
CHICKEN CASSEROLE		X											X	
CHEESE & HAM PASTA BAKE							X							
HOME MADE BEEF BURGER IN A BUN		X					X						X	

DISHES														
	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
HOT DOGS WITH SPAGHETTI HOOPS		X		X			X						X	
CHICKEN WITH BACON & BBQ SAUCE		X					X						X	
STICKY TOFFEE PUDDING		X		X			X							
PINEAPPLE UPSIDE DOWN CAKE		X		X			X							
BANANA CUSTARD							X							
BANANA BREAD WITH ICE CREAM		X		X			X							
FRUIT CHEESECAKE		X		X			X						X	
HAM WRAPS		X												
APPLE PIE & CUSTARD		X		X			X							
STRAWBERRY WHIP							X							
LEMON DRIZZLE CAKE				X			X							
JAM TARTS		X					X							

