DISHES AND THEIR ALLERGEN CONTENT (including May Contain) - Millbrook Combined School - Updated Oct 2023

| DISHES | CONTAINS NONE OF THE 14 ALLERGEN |  |  |  | $\{\infty$ | $\underbrace{\frac{n}{n} \text { 而 }}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Baked Beans | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Battered Chicken Fillet |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ Chicken |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Beef Lasagne |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Blueberry Muffin |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Bread Rolls White/Brown |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Breaded Fish |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Broccoli | / |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots \& Swede |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cauliflower and Broccoli | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Cheesy Pasta |  |  | / |  |  |  |  | / |  | $\checkmark$ |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| DISHES | CONTAINS NONE OF THE 14 ALLERGEN |  |  |  |  | 园 |  |  |  |  |  |  |  |  |  |
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|  |  | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Pitta Bread |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Pork Sausages |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Quorn Burger |  |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Quorn Chilli Con Carne |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Quorn Nuggets |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Roast |  |  |  |  | $\sqrt{ }$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Quorn Sausage |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Rice | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Beef | $\boldsymbol{}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Chicken | / | - |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Pork | / | - |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Potatoes | / |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Turkey | $\lambda$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shepherd Less Pie |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Soreen Bar |  |  | $\rho$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Southern Fried Quorn |  |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


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|  |  | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Spaghetti Hoops |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Sticky Toffee Pudding |  |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  | $\sqrt{ }$ | $\sqrt{ }$ |
| Strawberry IceCream |  |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Sweet and Sour Chicken |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato and Cheese Pasta |  |  | $\sqrt{ }$ |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Tortillas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna and Sweetcorn Pasta |  |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  |  |  |  |
| Tuna Mayo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vanilla Ice-cream |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan Fishless <br> Fingers |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Meatballs |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Vegetable Nuggets |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables Medley | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Waffles Sweet |  |  |  |  | $\sqrt{ }$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Wedges Potato | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wraps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yorkshire Puddings |  |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |

