DISHES AND THEIR ALLERGEN CONTENT ✓ - Millbrook Combined School - Updated March 2024

| DISHES | CONTAINS NONE 0F THE 14 ALLERGEN | | | | | | Lupin Flour | Milk | | MUSTARD | | | SISAM | | Goer WAE |
|-------------------------------|---|--------|---------------------------|-----------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| | | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Baked Beans | ✓ | | | | | | | | | | | | | | |
| BBQ Chicken | | | | | | | | | | ✓ | | | | | |
| Beef Bolognese | | 1 | | | | | | | | | | | | | |
| Beef Chilli | ✓ | | | | | | | | | | | | | | |
| Beef Cottage Pie | | | | | | | | 1 | | | | | | | |
| Blueberry Muffin | | | 1 | | ✓ | | | 1 | | | | | | | |
| Bread Rolls White/Brown | | | 1 | | | | | | | | | | | | |
| Breaded Fish | | | ✓ | | | 1 | | | | | | | | | |
| Breaded Chicken Goujons | | | 1 | | | | | | | | | | | | |
| Broccoli | 1 | | | | | | | | | | | | | | |
| Burger Bun | | | ✓ | | | | | | | | | | | | |
| Carrots | ✓ | | | | | | | | | | | | | | |
| Cauliflower & Broccoli Cheese | | | 1 | | | | | 1 | | ✓ | | | | | |
| Cheese | | | | | | | | 1 | | | | | | | |
| Cheese & Tuna Pasta Bake | | | 1 | | | 1 | | 1 | | ✓ | | | | | |

| DISHES | CONTAINS NONE 0F THE 14 ALLERGEN | | | | | | Lupin Flour | Milk | | MUSTARD | | | SSAM | | Base |
|--------------------------|---|--------|---------------------------|-----------------|------|------|----------------|----------|---------|---------|------|---------|-----------------|------|--------------------|
| | | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Cheese and Onion Pasties | | | 1 | | | | | 1 | | | | | | | |
| Chicken Burger | | | 1 | | | | | | | | | | | | |
| Chicken Sausage | | | 1 | | | | | | | | | | | | 1 |
| Chicken Tikka Curry | | | | | | | | 1 | | | | | | | |
| Chinese Noodles | | | ✓ | | ✓ | | | | | | | | | | |
| Chocolate Ice- cream | | | | | | | | 1 | | | | | | | |
| Chocolate Muffins | | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |
| Choc/Chip Muffin | | | 1 | | ✓ | | | ✓ | | | | | | 1 | |
| Coleslaw | | | | | ✓ | | | | | | | | | | |
| Cream | | | | | | | | ✓ | | | | | | 1 | |
| Curly Fries | ✓ | | | | | | | | | | | | | | |
| Diced Herby Potatoes | | | 1 | | | | | | | | | | | | |
| Fish Cakes | | | 1 | | | ✓ | | ✓ | | ✓ | | | | | |
| Fish Fingers | | | 1 | | | ✓ | | | | | | | | | |
| Garlic Bread | | | 1 | | | | | | | | | | | | |
| Gingerbread Man | | | 1 | | | | | | | | | | | | |
| Gravy Vegan | 1 | | | | | | | | | | | | | | |
| Green Beans | ✓ | | | | | | | | | | | | | | |

| DISHES | CONTAINS NONE 0F THE 14 ALLERGEN | | | | | | Lupin Flour | Milk | | MUSTARD | | | SSEAM | | WINE Seer WINE |
|------------------|---|--------|---------------------------|-----------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| | | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Jackets Potato | ✓ | | | | | | | | | | | | | | |
| Jacket Wedges | ✓ | | | | | | | | | | | | | | |
| Jam Doughnuts | | | 1 | | 1 | | | 1 | | | | | | | |
| Jelly Orange | 1 | | | | | | | | | | | | | | |
| Jelly Raspberry | 1 | | | | | | | | | | | | | | |
| Jelly Strawberry | 1 | | | | | | | | | | | | | | |
| Macaroni Cheese | | | 1 | | | | | 1 | | 1 | | | | | |
| Margarita Pizza | | | 1 | | | | | 1 | | | | | | | |
| Mashed Potato | | | | | | | | 1 | | | | | | | 1 |
| Mini Cookies | | | 1 | | | | | 1 | | | | | | ✓ | |
| Mixed Yoghurts | | | | | | | | 1 | | | | | | | |
| Naan Bread | | | ✓ | | | | | 1 | | | | | | | |
| New Potatoes | 1 | | | | | | | | | | | | | | |
| Oreo Biscuit | | | 1 | | | | | | | | | | | ✓ | |
| Oven Chips | ✓ | | | | | | | | | | | | | | |
| Peas | ✓ | | | | | | | | | | | | | | |
| Penne Pasta | | | 1 | | | | | | | | | | | | |

| DISHES | CONTAINS NONE 0F THE 14 ALLERGEN | | | | | A. | Lupin Flour | Milk | | MUSTARD | | | ISSAME OR | | Beer WNE |
|---------------------------------|---|--------|---------------------------|-----------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| | | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Pineapple | ✓ | | | | | | | | | | | | | | |
| Pork Hotdog | ✓ | | | | | | | | | | | | | | |
| Pork Sausages | | | 1 | | | | | | | | | | | | 1 |
| Pork Meatballs | | | 1 | | 1 | | | | | | | | | | |
| Quorn Burger | | | 1 | | 1 | | | 1 | | | | | | | |
| Quorn Sausage | | | ✓ | | 1 | | | 1 | | | | | | | |
| Rice | ✓ | | | | | | | | | | | | | | |
| Ring Doughnut | | | 1 | | | | | | | | | | | 1 | |
| Roast Chicken | 1 | | | | | | | | | | | | | | |
| Roast Pork | ✓ | | | | | | | | | | | | | | |
| Roast Potatoes | ✓ | | | | | | | | | | | | | | |
| Roast Turkey | ✓ | | | | | | | | | | | | | | |
| Soreen Bar | | | ✓ | | | | | | | | | | | | |
| Spaghetti Hoops | | | ✓ | | | | | | | | | | | | |
| Strawberry & Vanilla Mousse | | | | | | | | 1 | | | | | | | |
| Strawberry Mousse | | | | | | | | 1 | | | | | | | |
| Sweetcorn | 1 | | | | | | | | | | | | | | |
| Tomato, Basil & Cheese Pasta | | | 1 | | | | | | | | | | | | |

| DISHES | CONTAINS NONE 0F THE 14 ALLERGEN | | | | | | Lupin Flour | Milk | | MUSTARD | | | SSOAM | | WINE |
|----------------------|---|--------|---------------------------|-----------------|------|------|----------------|------|---------|---------|------|---------|--------------|------|--------------------|
| | | Celery | Cereals containing gluten | Crustacea ns | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Tuna Mayo | | | | | ✓ | 1 | | | | | | | | | |
| Vanilla Ice-cream | | | | | | | | 1 | | | | | | | |
| Vegetable Burger | | | 1 | | ✓ | | | 1 | | | | | | | |
| Vegetable Dhal | 1 | | | | | | | | | | | | | | |
| Vegetable Nuggets | | | 1 | | | | | | | | | | | | |
| Vegetable Samosa | | | 1 | | | | | | | | | | | | |
| Vegetable Slices | | 1 | 1 | | | | | 1 | | | | | | | |
| Vegetables Medley | 1 | | | | | | | | | | | | | | |