

Dishes & Their Allergens

Catering Allergy Guide - Primary Menu 2023/24

| | | | | | | Flaur | | | MUSTARD | - | | | | GOD WINE |
|---|------------|---------------------------------|--------------|-----------|---------|------------|-----------|--------------------|-----------|------------|------------|-----------------|-------------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil soup (V) | V | | | | | | | | | | | | | |
| Steak mince pie, mashed potatoes & carrots | V | ✓ wheat | | | | | | | | | | | | |
| Cheese toastie & coleslaw (V) | | ✓ wheat | | ✓ | | | ✓ | | | | | | ✓ | |
| Super Tattie's Tasty Tray with tuna pasta | | ✓ wheat | | ~ | ~ | | | | | | | | | |
| Coleslaw | | | | √ | | | | | | | | | | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | ✓ | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Scone & jam | | ✓ wheat | | * | | | √ | | | | | | ✓ | |
| Special Diets , friendly. | / Allergie | s (bespoke to | o individual | child who | MUST ha | ve gone th | rough the | e <u>Special D</u> | iet Reque | st Process | . We try t | o keep ou | r recipes a | llergen |
| * Ma | y contaiı | n traces of | this allerge | en | | | | | | | | | | |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Monday 2023-2024

| | | | ×. | | | Lupin Flour | Milk | | MUSTARD | | | | 6 | UNE |
|---|--------|----------------------------------|-------------|------|------------|----------------|--------------------|--------------|------------|----------|-------------|-----------------|-------------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Vegetable broth (V) | √ | ✓ wheat/barley | | | | | | | | | | | | |
| Chicken goujons, potato wedges & salad bar | | √ wheat | | | | | | | | | | | | |
| Vegetarian haggis, neeps & tatties (V) | | ✓ wheat/oats | | | | | | | | | | | | |
| Super Tattie's Tasty Tray with gammon sandwich | | √ wheat | | | | | | | | | | | v | |
| 50/50 bread | | √ | | | | | | | | | | | ✓ | |
| Strawberry ice cream & fruit | | | | | | | √ | | | | | | | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / friendly. * Ma | | (bespoke to in n traces of th | | | UST have (| gone throu | igh the <u>Spe</u> | ecial Diet F | Request Pr | ocess. W | e try to ke | ep our rec | ipes allerg | gen |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Tuesday 2023-2024

| | | | X | | | - Aupin Flour | | | MUSTARD | | | | | Beer |
|---|-----------|---------------------------------|----------------|----------|------------|------------------|-------------------|--------------|------------|------------------|--------------|-----------------|-------------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Super Tattie soup (V) | √ | | | | | | | | | | | | | |
| Hotdog, potato wedges & salad bar | | √ wheat | | * | | | * | | | | | | * | ✓ |
| Tomato pasta & sweetcorn (V) | √ | √ wheat | | | | | | | | | | | | |
| Super Tattie's Tasty Tray with chicken mayo sandwich | | √ wheat | | √ | | | | | | | | | ✓ | |
| 50/50 bread | | √ | | | | | | | | | | | ✓ | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / friendly. | Allergies | (bespoke to in | ndividual chil | d who ML | JST have g | one throu | gh the <u>Spe</u> | ecial Diet F | Request Pr | <u>ocess</u> . W | e try to kee | ep our reci | pes allerge | en |
| | iy contai | n traces of t | his allerger: | ı | | | | | | | | | | |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Wednesday 2023-2024

| | | | ×. | | | Lupin Flour | | | MUSTARD | | - <u>}</u> | | ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~ | Beer |
|--|-------------|---------------------------------|---------------|-----------|--------------|----------------|------------------|------------|-----------|-------------------|--------------|-----------------|--|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil soup (V) | ✓ | | | | | | | | | | | | | |
| Roast chicken, Yorkshire pudding, mashed potato & broccoli | ✓ | √ wheat | | V | | | V | | | | | | | |
| Cheese & tomato pizza, potato wedges & salad bar (V) | | √ wheat | | * | | | √ | | | | | | | |
| Super Tattie's Tasty Tray with tuna mayo roll | | ✓ wheat | | ~ | ✓ | | * | | | | | | * | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | 1 | |
| Custard | | | | | | | √ | | | | | | | |
| Peach melba sponge | | ✓ wheat | | ~ | | | | | | | | | | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / / | Allergies (| bespoke to ir | ndividual chi | ld who MI | JST have ខ្ល | gone throu | gh the <u>Sp</u> | ecial Diet | Request P | <u>rocess</u> . W | /e try to ke | eep our re | cipes aller | gen |
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Thursday 2022-2023

| | | | ×. | | | | Mik | | (MUSTARD) | A | | | ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~ | |
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| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Vegetable soup (V) | √ | | | | | | | | | | | | | |
| Fish, chips & mushy peas | 1 | ✓ wheat | | | ~ | | | | | | | | | |
| Vegan dippers, chips & salad bar (V) | | ✓ wheat | | | | | | | 1 | | | | | |
| Super Tattie's Tasty Tray with savoury cheese sandwich (V) | | ✓ wheat | | ~ | | | V | | | | | | 1 | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | ✓ | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Custard creams | | ✓ wheat | | | | | | | | | | | | |
| Special Diets / A | | bespoke to in n traces of t | | | ST have go | one throug | gh the <u>Specia</u> | al Diet Req | uest Proc | <u>ess</u> . We t | ry to keep | our recip | es allerger | ı friendly. |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Friday 2023-2024

| | | | ×. | | | Flour | | | MUSTARD | | 0 | | | lacer WINE |
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| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Super Tattie soup | √ | | | | | | | | | | | | | |
| Macaroni & peas | | ✓ wheat | | | | | √ | | ✓ | | | | | |
| Garlic Bread | | ✓ wheat | | | | | | | | | | * | | |
| Vegan sausage roll & beans | | ✓ wheat | | | | | | | | | | | | |
| Super Tattie's Tasty Tray with chicken mayo baguette | | ✓ wheat | | ~ | | | * | | | | | | * | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | ✓ | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / / | Allergies (| bespoke to i | ndividual ch | ild who M | UST have | gone thro | ugh the <u>S</u> | pecial Diet | Request | Process. N | Ve try to l | keep our r | ecipes alle | rgen |
| | / contain | traces of t | his allerge | n | | | | | | | | | | |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Monday 2023-2024

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| DISHES | Celery | Cereals containin g Gluten | Crustace ans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Ѕоуа | Sulphur Dioxide |
| Lentil soup (V) | ✓ | | | | | | | | | | | | | |
| Pork sausages, mashed potato & turnip | | ✓ wheat | | | | | | | | | | | | J |
| Stir fry vegetable noodles & salad bar | √ | √ wheat | | 1 | | | | | | | | | ✓ | |
| Super Tattie's Healthy Tray with tuna mayo roll | | √ wheat | | 1 | ✓ | | * | | | | | | * | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | 1 | |
| Crackers & cheese | | ✓ wheat | | | | | √ | | | | | | | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / friendly. | Allergies | (bespoke to ii | ndividual chi | ld who Ml | JST have g | one throu | gh the <u>Spe</u> | ecial Diet F | Request Pr | ocess. W | e try to ke | ep our red | cipes aller | gen |
| | ay conta | in traces of t | his allerger | า | | | | | | | | | | |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Tuesday 2023-2024

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| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Vegetable soup (V) | √ | | | | | | | | | | | | | |
| Chicken meatballs in tomato sauce, spaghetti & salad bar | V | √ wheat | | | | | | | | | | | | |
| Vegetable curry, rice & pickled onions | √ | | | | | | | | ✓ | | | | | √ |
| Super Tattie's Tasty Tray with salmon sandwich | | √ wheat | | ~ | 1 | | | | | | | | ~ | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | 1 | |
| Yoghurt | | Wheat | | | | | ✓ | | | | | | | |
| Jammie dodger | | ✓ wheat | | | | | | | | | | | | |
| Special Diets , friendly. | / Allergies | s (bespoke to i | individual chi | ld who M | UST have a | gone throu | igh the <u>Sp</u> | ecial Diet | Request P | <u>Process</u> . W | /e try to k | eep our re | cipes aller | gen |
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Wednesday 2023-2024

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| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Vegetable broth | √ | ✓ wheat/barley | | | | | | | | | | | | |
| Fish, chips & mushy peas | √ | ✓ wheat | | | ~ | | | | | | | | | |
| Baked potato & beans | | | | | | | | | | | | | | |
| Super Tattie's Tasty Tray with tomato pasta | √ | √ wheat | | | | | | | | | | | | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | ✓ | |
| Chocolate & pear sponge | | ✓ wheat | | ~ | | | | | | | | | | |
| Custard | | | | | | | √ | | | | | | | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / A * Ma | - | bespoke to indi n traces of th | | | T have gor | ne through | the <u>Specia</u> | l Diet Requ | uest Proce | <u>ss</u> . We try | y to keep o | our recipe | s allergen t | friendly. |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Thursday 2023-2024

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| DISHES | Celery | Cereals containing Gluten | Crustacean s | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil soup (V) | √ | | | | | | | | | | | | | |
| Steak pie, mashed potato & broccoli/caulifl ower | V | √ wheat | | | | | | | | | | | | |
| Vegan nuggets, potato wedges & salad bar | | ✓ wheat | | | | | | | V | | | | | |
| Super Tattie's Tasty Tray with gammon sandwich | | √ wheat | | | | | | | | | | | ✓ | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | v | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Chocolate cookie | | ✓ wheat | | √ | | | * | | | | | | * | |
| Special Diets / friendly. | Allergies | (bespoke to | individual ch | ild who N | IUST have | gone thro | ough the <u>Spe</u> | ecial Diet F | Request Pr | <u>ocess</u> . W | e try to ke | ep our rec | ipes allerg | ;en |
| * Ma | y contai | n traces of | this allerge | n | | | | | | | | | | |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 2 Friday 2023-2024

| | | | V | | | Lupin Flour | Mik | | MUSTARD | | | | ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~ | WINE |
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| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Vegetable soup | √ | | | | | | | | | | | | | |
| Spaghetti bolognese & peas | √ | ✓ wheat | | | | | | | | | | | | |
| Vegetable fingers, savoury rice & salad bar | √ | ✓ wheat | | | | | | | | | | | ✓ | |
| Super Tattie's Tasty Tray with coronation chicken sandwich | | √ wheat | | J | | | | | V | | | | ✓ | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | √ | |
| Yoghurt | | | | | | | ✓ | | | | | | | |
| Chocolate muffin | | ✓ wheat | | ~ | | | 1 | | | | | | * | |
| muffin Special Diets / / friendly. | Allergies (| | ndividual ch | | IUST have | gone thro | | pecial Diet | Request | Process. N | Ve try to l | keep our r | | rgen |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Monday 2023-2024

* May contain traces of this allergen

| | | | ¥. | | | Lupin Flour | | | MUSTARD | | | | | |
|---|-------------|---------------------------------|---------------|-----------|------------|----------------|-------------------|--------------|------------|----------|-------------|-----------------|-------------|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil soup (V) | √ | | | | | | | | | | | | | |
| Chicken curry, rice & sweetcorn | √ | * | | | | | | | ~ | | | | | |
| Vegan sausage roll & beans (V) | | ✓ wheat | | | | | | | | | | | | |
| Super Tatttie's Tasty Tray with gammon & cheese roll | | ✓ wheat | | * | | | √ | | | | | | * | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | 1 | |
| Jam & coconut sponge | | ✓ wheat | | ✓ | | | | | | | | | | ~ |
| Custard | | | | | | | ✓ | | | | | | | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / A friendly. | llergies (b | espoke to in | idividual chi | ld who MI | JST have g | one throu | gh the <u>Spe</u> | ecial Diet R | Request Pr | ocess. W | e try to ke | ep our rec | ipes allerg | en |
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Tuesday 2023-2024

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| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Super Tattie soup | √ | | | | | | | | | | | | | |
| Beefburger in a bun, potato wedges & salad bar | | ✓ wheat | | | | | | | | | | ~ | | ~ |
| Macaroni cheese& salad bar | | √ wheat | | | | | √ | | √ | | | | | |
| Garlic Bread | | ✓ wheat | | | | | | | | | | * | | |
| Super Tattie's Tasty Tray with tuna mayo sandwich | | √ wheat | | ✓ | ✓ | | | | | | | | ✓ | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | ~ | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Clarkston biscuit | | ✓ wheat | | | | | | | | | | | | |
| Special Diets / All friendly. | ergies (be | | lividual child | who MUS | T have go | ne throug | h the <u>Spe</u> | cial Diet Ro | equest Pro | ocess. We | try to kee | ep our reci | pes allerge | en |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Wednesday 2023-2024

* May contain traces of this allergen

| Mollusc Mustard Nuts Peanuts Seeds Seeds Soya Soya Soya Soya |
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DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Thursday 2023-2024

* May contain traces of this allergen

| | | | ×. | | | Lupin Flour | | | MUSTARD | | | | ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~ | T |
|---|--------|---------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|-----------------|--|--------------------|
| DISHES | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil soup (V) | ~ | | | | | | | | | | | | | |
| Fish, chips & mushy peas | √ | ✓ wheat | | | √ | | | | | | | | | |
| Beans on toast | | ✓ wheat | | | | | | | | | | | v | |
| Super Tattie's Tasty Tray with savoury cheese sandwich | | √ wheat | | √ | | | √ | | | | | | V | |
| 50/50 bread | | ✓ wheat | | | | | | | | | | | 1 | |
| Yoghurt | | | | | | | √ | | | | | | | |
| Special Diets / Allergies (bespoke to individual child who MUST have gone through the <u>Special Diet Request Process</u> . We try to keep our recipes allergen friendly. | | | | | | | | | | | | | | |
| * May contain traces of this allergen | | | | | | | | | | | | | | |

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 3 Friday 2023-2024