

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
* Ma	y contair	n traces of t	his allergei	า										

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire Primary School - Week 1 Thursday 2022-2023

			×.				Mik		(MUSTARD)	A			~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	
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
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

			V			Flour			MUSTARD	N	0			KINE KINE
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

			×.			Lupin Flour			MUSTARD	A			• <u>•</u>	WNE
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
* Ma	ay conta	in traces of	this allergeı	า										

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

			X			Flour			MUSTARD				6 1 1 1 1 1 1 1 1 1 1	
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

			×.			Lupin Flour			MUSTARD	A			- Contraction of the second se	Good
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
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
* May	contain	traces of t	his allerger	า										

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

			×.			Rour Pour			MUSTARD	A	- <u>}</u>			Bor INE
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
✓ ✓
✓ ✓ ✓ ✓
ecia

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