































Dishes & Their Allergens

Catering Allergy Guide - Secondary Schools
2023/24



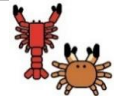











DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire - Secondary - Week 1 Monday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lentil soup (V)	✓													
Steak mince, mashed potato & carrots	✓	✓ wheat					✓							
Cheese toastie (V)		✓ wheat					✓						✓	
Salad bar (V)														
BBQ chicken panini		✓ wheat							✓			*		
BBQ chicken baguette		✓ wheat		✓					✓			*		
BBQ chicken sandwich		✓ wheat		✓					✓				✓	
BBQ chicken cob roll		✓ wheat		*			*		✓				*	
BBQ chicken wrap		✓ wheat							✓					
BB chicken baked potato				✓					✓					
BBQ chicken salad bowl				✓					✓					
Pizzini (V)		✓ wheat					✓							
Tuna pasta pot		✓ wheat		✓	✓									
* May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Week 1 Wednesday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Potato soup	✓													
Hotdog, potato wedges & sweetcorn		✓ wheat		*			*						*	✓
Tomato pasta (V)	✓	✓ wheat												
Salad bar (V)														
Chicken mayo panini		✓ wheat		✓								*		
Chicken mayo baguette		✓ wheat		✓								*		
Chicken mayo sandwich		✓ wheat		✓									✓	
Chicken mayo cob roll		✓ wheat		✓			*						*	
Chicken mayo wrap		✓ wheat		✓										
Chicken mayo baked potato				✓										
Chicken mayo salad bowl				✓										
Pepperoni pizza		✓ wheat		*			✓							
Macaroni pasta pot (V)		✓ wheat					✓		✓					
	* May contain traces of this allergen													















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Week 1 Friday 2023-2024

														
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	✓	✓ wheat			✓									
Vegan dippers & chips (V)		✓ wheat							✓					
Salad bar (V)														
Savoury cheese panini (V)		✓ wheat		✓			✓					*		
Savoury cheese baguette (V)		✓ wheat		✓			✓					*		
Savoury cheese sandwich (V)		✓ wheat		✓			✓						✓	
Savoury cheese cob roll (V)		✓ wheat		✓			✓						*	
Savoury cheese wrap (V)		✓ wheat		✓			✓							
Savoury cheese baked potato (V)				✓			✓							
Savoury cheese salad bowl (V)				✓			✓							
Roasted vegetable pizza (V)		✓ wheat		*			✓							
Vegetable noodle pot (V)		✓ wheat		✓									✓	
* May contain traces of this allergen														















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Week 2 Wednesday 2023-2024

														
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	✓	✓ wheat												
Vegetable curry & rice (V)	✓	*												
Salad bar														
Salmon panini		✓ wheat		✓	✓							*		
Salmon baguette		✓ wheat		✓	✓							*		
Salmon sandwich		✓ wheat		✓	✓								✓	
Salmon cob roll		✓ wheat		✓	✓		*						*	
Salmon wrap		✓ wheat		✓	✓									
Salmon baked potato				✓	✓									
Salmon salad bowl				✓	✓									
Pizzini (V)		✓ wheat					✓							
Chicken curry & rice pot	✓	*							✓					
	* May contain traces of this allergen													















DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Week 2 Thursday 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Vegetable broth (V)	✓	✓ wheat/barley												
Fish, chips & mushy peas	✓	✓ wheat			✓									
Baked potato & baked beans (V)														
Salad bar (V)														
Egg mayo chicken panini (V)		✓ wheat		✓								*		
Egg mayo baguette (V)		✓ wheat		✓								*		
Egg mayo sandwich (V)		✓ wheat		✓									✓	
Egg mayo cob roll (V)		✓ wheat		✓			*						*	
Egg mayo wrap (V)		✓ wheat		✓										
Egg mayo baked potato (V)				✓										
Egg mayo salad bowl (V)				✓										
Margarita pizza (V)		✓ wheat		*			✓							
Tomato pasta (V)	✓	✓ wheat												
* May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Week 3 Tuesday 2023-2024

														
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	✓	*							✓					
Vegan sausage roll & beans (V)		✓ wheat												
Salad bar (V)														
Gammon panini		✓ wheat										*		
Gammon baguette		✓ wheat										*		
Gammon sandwich		✓ wheat											✓	
Gammon cob roll		✓ wheat		*			*						*	
Gammon wrap		✓ wheat												
Gammon baked potato														
Gammon salad bowl														
Chicken tikka pizza		✓ wheat		*			✓							
Chicken curry & rice pot	✓	*							✓					
	* May contain traces of this allergen													

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Week 3 Friday 2023-2024

														
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 (V)		✓ wheat											✓	
Salad bar (V)														
Savoury cheese panini (V)		✓ wheat		✓			✓					*		
Savoury cheese baguette (V)		✓ wheat		✓			✓					*		
Savoury cheese sandwich (V)		✓ wheat		✓			✓						✓	
Savoury cheese cob roll (V)		✓ wheat		✓			✓						*	
Savoury cheese wrap (V)		✓ wheat		✓			✓							
Savoury cheese baked potato (V)				✓			✓							
Savoury cheese salad bowl (V)				✓			✓							
Quorn burger (V)		✓ wheat		✓			✓					✓		
Tomato pasta (V)	✓	✓ wheat												
* May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Daily Deli Options 2023-2024



DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna mayo panini		✓ wheat		✓	✓							*		
Tuna mayo baguette		✓ wheat		✓	✓							*		
Tuna mayo sandwich		✓ wheat		✓	✓								✓	
Tuna mayo cob roll		✓ wheat		✓	✓		*						*	
Tuna mayo wrap		✓ wheat		✓	✓									
Tuna mayo baked potato				✓	✓									
Tuna mayo salad bowl				✓	✓									
Cheese panini		✓ wheat					✓					*		
Cheese baguette		✓ wheat					✓					*		
Cheese sandwich		✓ wheat					✓						✓	
Cheese cob roll		✓ wheat		*			✓						*	
Cheese wrap		✓ wheat					✓							
Cheese baked potato							✓							
Cheese salad bowl							✓							
Chicken mayo panini		✓ wheat		✓								*		
Chicken mayo baguette		✓ wheat		✓								*		
Chicken mayo sandwich		✓ wheat		✓									✓	
Chicken mayo cob roll		✓ wheat		✓			*						*	
Chicken mayo wrap		✓ wheat		✓										
Chicken mayo baked potato				✓										
Chicken mayo salad bowl				✓										
Chargrilled veg panini		✓ wheat										*		
Chargrilled veg baguette		✓ wheat										*		
Chargrilled veg wrap		✓ wheat												
Chargrilled veg baked potato														
Chargrilled veg salad bowl														
Rollover chicken hotdog (in outdoor kiosk only)		✓ wheat					*			*				
* May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Daily Pizza/Burger Options 2023-2024



DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pepperoni pizza		✓ wheat		*			✓							
Margherita pizza (V)		✓ wheat		*			✓							
Chicken & sweetcorn pizza		✓ wheat		*			✓							
Spicy chicken pizza	✓	✓ wheat		*			✓							
Chicken tikka pizza		✓ wheat		*			✓							
Chicken meatballs pizza	✓	✓ wheat		*			✓							
Mushroom pizza (V)		✓ wheat		*			✓							
Roasted pepper pizza (V)		✓ wheat		*			✓							
Roasted veg pizza (V)		✓ wheat		*			✓							
Chicken fillet burger		✓ wheat										✓		
Breaded chicken burger		✓ wheat										✓		
Tandoori chicken fillet burger		✓ wheat					✓					✓		
BBQ chicken burger		✓ wheat							✓			✓		
Cajun chicken burger	✓	✓ wheat										✓		
Falafel & spinach burger (V)		✓ wheat										✓		
Quorn burger (V)		✓ wheat		✓			✓					✓		
* May contain traces of this allergen														

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Daily Pasta/Noodle Pot Options 2023-2024



DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Macaroni cheese pasta pot (V)		✓ wheat					✓		✓					
Tomato & basil pasta pot (V)	✓	✓ wheat												
Chicken chow mein noodle pot		✓ wheat		✓									✓	
Vegetable noodle pot		✓ wheat		✓									✓	
Sweet chilli chicken noodle pot		✓ wheat		✓										
Chicken mayo pasta pot		✓ wheat		✓										
Tuna pasta pot		✓ wheat		✓	✓									
Chicken curry & rice pot	✓	*							✓					
Katsu curry pot	✓	✓ wheat					✓						✓	
Firecracker chicken pot	✓	✓ wheat											✓	
Cajun pasta pot	✓	✓ wheat		✓										
	* May contain traces of this allergen													

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Morning Break 2023-2024

														
DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Roll & scrambled egg		✓ wheat		✓			✓						*	
Roll & chicken sausages		✓ wheat		*			*						*	✓
Cheesy quesadilla		✓ wheat					✓							
Tex Mex quesadilla		✓ wheat					✓							
Toast		✓ wheat		*			*						✓	
Middleton Blueberry Muffin		✓ wheat		✓			✓							
Middleton Forest Fruit Breakfast Muffin		✓ wheat		✓			✓							
Oat Biscuit		✓ wheat					✓							
Jammie Dodger		✓ wheat					✓							✓
Courgette Brownies		✓ wheat		✓			✓							
Plain Muffins		✓ wheat		✓			✓							
Middleton Chocolate Cookie		✓ wheat		✓										
Carrot Cake		✓ wheat		✓			✓						✓	
	* May contain traces of this allergen													

DISHES AND THEIR ALLERGEN CONTENT - East Ayrshire-Secondary Schools - Deli Bread Options 2023-2024



DISHES	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Ciabatta		✓ wheat/ba rley/rye										*		
Fully baked soft multi seed baguettes		✓ wheat										✓	✓	
Oval buns		✓ wheat		*			*					*	✓	
Wholemeal hoagies		✓ wheat		*			*					*	*	
50/50 bread		✓ wheat											✓	
Cheese panini		✓ wheat					✓					*		
50/50 roll		✓ wheat		*			*						*	
	* May contain traces of this allergen													