Dishes and their allergen content – Riverside Junior School

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes		No.		A		Elpin Flour	Milk		MILIDARD		o No			
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hot dog in a bread roll		√												
Cheese and tomato pizza		√					√							
Home-made biscuit		✓		√			✓							
Chicken and chorizo pasta		✓					√		√					
Quorn sweet chilli wrap		√		√			√							
Jelly and Ice cream							√						√	
Beef burger in a bread bun		√										✓		
Veg chilli with tortilla wrap	✓	✓											√	
Mince and onion pie		√					√							
Veg hot dog in a bread roll		√		√			√							

Dishes			T.			Elbut Flour	Milk		MUSTARD					
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fish finger		✓			✓									
Salmon fishcake		✓		√	√									
Veggie nuggets		√												
Blueberry muffin		√		√			√							
Tuna and sweetcorn wrap		√		✓	✓									
Cheese and tomato quiche		√		√			√							
Chocolate orange cake		√		✓			✓							
Sausage roll		✓		✓			√							
Veg spaghetti bolognaise	✓	√											√	
Ginger and sultana sponge		√		√			√							
Custard				√			√							

Dishes		No.	T.			Copin Flour	Milk		MUSTARD		o Me			
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chocolate sauce							√							
Chilli con carne	✓													
Jacket potato														
Fruity flapjack		√					√							
Chicken tagine	✓													
Macaroni cheese		√					√		√					
Bakewell tart		1		√			1							
Breaded fish		√			√									
Quorn keema curry	✓												✓	
Carrot cake		√		✓			√							
Cheese and ham panini		✓					√							

Dishes		No.	T.			Elbut	Milk		MUSTARD					
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veggie burger in a bread bun		√		√			√					✓		
Jam sponge		1		✓			1							
Spaghetti bolognaise	✓	√												
Quorn tagine	✓			✓										
Wholemeal biscuit		√					1							
Chicken curry	✓													
Pitta bread		√					√						✓	
Veg sausage casserole	✓			✓			1						✓	
Fruit crumble		√					√							
Savoury mince and Yorkshire pudding	✓	√		√			√							
Veggie pizza		✓					√						✓	

Dishes	***					Eupin Flour	Milk		MUSTORD					
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Rice pudding							✓							
Battered fish		√			√									
Falafel wrap		1		✓			✓							
Chocolate and raspberry brownie		√		✓			✓							
Gravy														

Review date:

Reviewed by:



You can find this template, including more information at www.food.gov.uk/allergy-guidance