

**Food Allergy Advice March 22**

Product	Nuts	Cereal/Gluten	Milk	Soya	Fish	Sulphites	Sesame	Celery	Egg	Crustaceans	Mustard	Peanuts	Lupin	Molluscs		
Soup	< ----- ASK ----- >															
Prawn Cocktail		* bread							*	*						
Camembert Rounds		*	*	*												
Hot and Spicy Prawns		*	* sauce							*						
Garlic Bread		*	*													
Onion Bharji		*	* mint yog.							* mint yog.						
Lasagne		*	*													
Veg. Lasagne		*	*					*	*							
Lamb Shank		*														
Fish Pie			*	*	*	*				*						
Steak & Kid. / Potatoe Pie		*							*							
Chicken Tikka			*													
Thai Chicken Curry			*													
Vegetable Jalfrezi			*													
Scampi		*								*						
Chicken White Wine			*			*										
Thai Cod Fishcake					*					*						
Carvery	< ----- ASK ----- >															
Mixed Grill		*							*		*					
Burgers		*							*							
Omlettes									*							
Treacle Sponge			*						*							
Betty		*	*													
Sticky Toffee	*	Ask	*						*							
Chocolate Orange Sponge		*	*	*					*							
Apple Crumble		*	*													
Chocolate Fondant		*	*	*					*							
Ice Cream			*													
Nuggetts		*						*								
Fish Fingers		*	*		*						*					
Hot Dog		* bun	*	*				*			*					
Onion Rings		*									*					
Custard			*													
Cream			*													

\* denotes contains. Coconut has NOT been included in this analysis. if you have any specific concerns please ask before ordering.