## **DISHES AND THEIR ALLERGEN CONTENT – Pike Fold Primary School**

## Black History Month Theme Day Menu Version 1 – September 2024

DISHES						Lupin Flour			(MUSTARD)				6	Geer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Jerk Chicken (halal / non halal)														
Rice & Peas														
Corn Bread		✓wheat *mc barley, rye		✓			✓							
Sweet Potato Wedges														
Veggie Jamaican Jambalaya	~	✓wheat		✓			*mc		*mc				*mc	
Dumplings		✓ wheat												
Jacket Potato with Cheese							$\checkmark$							
Jacket Potato with Beans														

\*mc = may contain

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Jacket Potato with Cheese & Beans							✓							
Jacket Potato with Tuna Mayo				✓	~									
Banana Bread		✓ wheat		√			$\checkmark$							
Coconut Cake		✓ wheat		$\checkmark$			$\checkmark$							✓

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DAILY ITEMS			N. A.			Lupin Flour			MUSTARD					Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Semi Skimmed Milk							~							
Lettuce														
Cucumber														
Tomatoes														
Carrot														
Sweetcorn														
Celery	~													
Beetroot (in water)														

DAILY ITEMS						Flour			MUSTARD					Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sliced Bread		✓ wheat											$\checkmark$	
Baguette (Morris white)		✓ wheat											~	
Potato Salad				$\checkmark$										
Pasta Salad		✓wheat		$\checkmark$										
Fruit														
Yoghurts							~							
Jelly														