DISHES AND THEIR ALLERGEN CONTENT — Ibstock Community College

Lunch Dinner Hall						upin Flour	Milk		MUSTARD			HIAM!		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pasta bolognaise	✓	1												
Jacket potato & salad														
Chicken tikka wrap	1	1												
Curry & rice	√													
Pasta pot		1												
Roast pork & vegetables														
Ham & cheese wrap		✓					1							
BBQ chicken wrap	1	✓												
Chicken burger		✓										✓		
Veggie burger		1										✓		
Chips														
Chilli & rice	1													
Mac & cheese		✓					1		√					
Roast chicken & vegetables														

Vegetable biryani	✓								
Beef burger		✓							
Veggie burger		/							
Sweet & sour chicken	1								
Cottage pie	1	1			✓				
Gammon									
Fish fingers				1					
Chicken nuggets		1							
Sausages		1							
Chicken curry	√	1							
Lasagne	√	1			1				
Bacon & cheese pasty					1	1			
Lamb Hot Pot	1	1							

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