**DISHES AND THEIR ALLERGEN CONTENT – Ventrus – Primary School – Autumn/Winter 2021/22**

**✓ Contains ✓ May Contain**

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|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusca** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Cheese & Ham Pasta Bake** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Butchers Sausage** |  |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| **Roast Chicken** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Beef Cobbler** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  | **✓** |  |
| **Fish Finger** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| **Beef Burger** |  |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| **Margherita Pizza** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Ready Made Pizza Base** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Packet Mix Pizza Base** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  | **✓** |  |
| **Roast Pork** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken Korma** |  |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| **Breaded Fish Fillet** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| **Beef Lasagna** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Chicken & Veg. Pie** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  |  |  |
| **Roast Turkey** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Toad in the Hole** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Salmon Fish Cakes** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| **VEGETARIAN** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Quorn Sausage** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Sweet & Sour Quorn Pieces** |  |  |  | **✓** |  |  |  |  |  |  |  |  |  | **✓** |
| **Lentil Loaf** | **✓** | **✓** |  | **✓** |  |  |  |  |  |  |  |  |  |  |
| **Veggie Wellington** | **√** | **√** |  | **√** |  |  | **√** |  | **√** |  |  |  | **√** | **√** |
| **Margherita Pizza** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Quorn Vegan Nuggets** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweet Potato & Lentil Curry** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Quorn Chilli** | **✓** | **✓** |  | **✓** |  |  |  |  |  |  |  |  |  |  |
| **Veggie Roast** | **✓** | **✓** |  | **✓** |  |  | **✓** |  | **✓** |  |  |  | **✓** | **✓** |
| **Cauliflower Bites** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Moroccan Cauliflower Bites** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Quorn Sausage Roll** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Vegetable Gratin** |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Roasted Veg. Bolognaise** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Spinach, Red Pepper, Mozzarella Pasta Bake** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **PUDDINGS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chocolate Courgette Cake** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| **Fruit Smoothie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Banana Cake** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| **Oatie Cookie** |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| **Sticky Toffee Sponge** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  | **✓** |  |
| **Apple Cake** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| **Carrot Cake** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| **Raspberry Cake** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| **Iced Sponge** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  | **✓** |  |
| **Custard** |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **SIDES** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cater Choice Gravy** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sautee Potatoes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pomme Noisette** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chips** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Roast Potato** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wedges** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweet Potato Wedges** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Stuffing** | **✓** | **✓** |  | **✓** |  |  | **✓** |  | **✓** |  |  |  | **✓** | **✓** |
| **Wholemeal Pasta** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Country Range Wholegrain Rice** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Naan Bread** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Kara Wholemeal Sliced Bread** |  | **✓** |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| **Brioche Hot Dog Roll** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  | **✓** |  |  |
| **Country Range Floured Bap** |  | **✓** |  |  |  |  |  |  |  |  |  | **✓** |  |  |
| **Tomato Sauce** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Baked Beans** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Peas** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweetcorn** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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