

Allergen Table November 2026 – March 2027 Page 1

Recipe Name	 Mustard	 Soya	 Celery and celeriac	 Milk	 Egg	 Fish	 Cereals containing gluten	 Sesame	 Sulphur dioxide and sulphites	 Peanut	 Nuts	 Lupin	 Molluscs	 Crustaceans
Macaroni Cheese with Crispy Fried Onion		Yes		Yes			Yes							
Chickpea & Winter Vegetable Jambalaya														
Mixed Pepper & Sweetcorn Pizza				Yes			Yes							
Minced Beef Curry Dopiazza with Rice														
Loaded Deep Ridge Sliced Potatoes with Chilli Bean														
Roast Chicken Drumstick, Roast Potatoes & Gravy									Yes					
Moroccan Cauliflower & Chickpea Tagine							Yes							
Moroccan Beef Meatball Tagine with Wholemeal Rice														
Moroccan Beef Meatball Tagine with Flatbread							Yes							
Quorn Dippers with Sweet Chilli Sauce							Yes							
MSC Pollock Fish Fingers with Chips		Yes				Yes	Yes							
MSC Salmon & Sweet Potato Fishcake with Chips						Yes	Yes							
Vegemince Spaghetti Bolognaise		Yes					Yes							
Crispy Spinach Puff Pastry Turnovers	Yes	Yes		Yes			Yes					Yes		
BBQ Chicken Style Vegetable Strips Wrap		Yes					Yes							
Beef Burger with Cajun Potato Wedges							Yes	Yes						
Veggie Bangers with Mashed Potato & Gravy		Yes							Yes					
Minced Beef & Vegetable Cottage Pie									Yes					
Stir Fried Curried Vegetables Strips with Noodles		Yes					Yes							
Malaysian Chicken drumsticks with Rice														
Roasted Mixed Pepper & Tomato Quiche with Chips		Yes		Yes	Yes		Yes							
MSC Bubble Fish Fillet with Chips						Yes								

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