



DISHES AND THEIR ALLERGEN CONTENT – Bon Appetite Sheet 1

DISHES														
Mains 2026	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Quorn Jalfrezi		✓		✓										
Quorn Pesto Bake		✓		✓										
Chilli Beef Burrito	✓	✓					✓						✓	
3 Bean Chilli	✓	✓					✓						✓	
Chicken Stroganoff							✓							
Lamb and Beef Kofta Kebab	✓													
Jerk Chicken Thighs														✓
Beef Lasagne	✓	✓					✓							✓
Chicken Curry														✓
Chicken in Black Bean Sauce													✓	
Lamb Curry														✓
Fish n Chips														
Sweet & Sour Chicken														
Chilli Con Carne														✓
Chicken Korma										✓				✓

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Reviewed by:D Sweeting