


# WHGS Year 7 Food & Nutrition Dishes and their Allergen Content

Dishes	 Celery	 Cereals containing Gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Tortilla Triangles <i>(dependent on pupil's choice)</i>		✓ Wheat												
Couscous Salad		✓ Wheat	✓	✓	✓		✓		✓	✓		✓		✓
Fruit Crumble		✓ Wheat					✓							
Chicken Wings														
Oaty Biscuits		✓ Wheat					✓							✓
Puff Pastry Tart		✓ Wheat					✓							
Dhaal														
Honey Soy Chicken													✓	
Chilli Con Carne														

Review Date: September 2025

Reviewed by: E Cowell