

# 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		✓ Wheat												
Couscous Salad		✓ Wheat	✓	✓	✓		✓		✓	✓		✓		✓
Fruit Crumble		✓ Wheat					✓							
Oaty Biscuits		✓ Wheat					✓							✓
Puff Pastry Tart		✓ Wheat					✓							
Honey Soy Chicken													✓	
Veggie Chilli														
Chicken Nuggets		✓ Wheat		✓			✓							
Dhaal														

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