

WHGS Year 8 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
Seasonal Curry														
Moroccan Stew														
Bolognese														
Cupcakes		✓ Wheat		✓			✓							
Pizza		✓ Wheat					✓							
Finnish Fruit Buns		✓ Wheat					✓							✓
Quesadillas		✓ Wheat					✓							
Falafel Wrap		✓ Wheat												