

WHGS Year 9 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
Chocolate Brownies		✓ Wheat		✓			✓							
Lasagne		✓ Wheat		✓			✓							
Macaroni Cheese		✓ Wheat					✓							
Fruit Tart		✓ Wheat		✓			✓							
Curry							✓			✓ Almonds				
Chicken Chow Mein														
Samosas		✓ Wheat												
Shepherd's Pie														

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