


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		✓			✓							
Jerk Chicken Bake														
Chicken Chow Mein													✓	
Macaroni Cheese		✓ Wheat					✓							
Fruit Galette		✓ Wheat		✓			✓							
Samosas		✓ Wheat											✓	
Curry							✓							