

# Early Years Allergen Chart

Menu Cycle:



North Ayrshire Council  
Comhairle Siarachd Àir a Tuath

<i>Key</i>															
<b>Y</b>	Allergen contained within dish														
<b>MC</b>	May Contain - Allergen is present at the manufacturing site and our suppliers believe there is a significant risk in cross contamination														
	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	
<b>Soups</b>															
Carrot & Sweet Potato Soup	Y														
lentil Soup	Y														
Tomato & Lentil Soup	Y														
Vegetable Soup	Y														
<b>Main Meal</b>															
Baked Beans & Toast		Y					M/C								
Breaded Fish															
Cheese & Tomato Pizza		Y					Y								
Chicken Burger (Plain)		Y										Y			
Chicken Chow Mein	Y	Y		Y						M/C	M/C		Y		
Chicken Curry	Y								Y						
Chicken Goujons		Y		Y			Y		Y						

Jacket Potato & Baked Beans														
Macaroni Cheese		Y					Y		Y					
Pasta Roma		Y												
Pork Meatballs in Tomato sauce		Y										M/C	M/C	
Pork Sausages	Y	Y											Y	
Quorn Goujons & Dip		Y		Y			Y							
Salmon Fish Fingers					Y									
Scottish Mince	Y	Y												
Scrambled Egg Mushrooms & Toast		Y		Y			Y							
Steak Pie	Y	Y												Y
Vegetable & Lentil Curry	Y								Y					
<b>Sides</b>														
Baby Jacket Potatoes														
Brown Rice														
Chips														
Noodles		Y		Y										
Pasta		Y												
Brown Sub Roll		Y										M/C		
Wraps		Y												
Bread 50/50		Y											Y	
Flora								M/C						
<b>Sweet of the Day</b>														
Chocolate & Banana Sponge		Y		Y			Y							
Custard							Y							
Fruit Jelly														
Vanila & Pear Sponge		Y		Y			Y							
Yogurt Loaf		Y		Y			Y							

Yogurt							Y							
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