

# EIFA International School

## Hot Lunch Programme / Spring Term 2019

Week commencing 7<sup>th</sup> January

### Monday

**Beef lasagne**

**ALLERGENS: WHE, MIL, CEL, EGG**

**Butternut squash, spinach & ricotta lasagne (v)**

**ALLERGENS: WHE, MIL, CEL**

**Garlic bread**

**ALLERGENS: WHE, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / fruit bowl**

**ALLERGENS: MIL**

### Tuesday

**Chicken pie, steamed new potatoes, broccoli & chantenay carrots**

**ALLERGENS: MIL, WHE, EGG**

**Leek & feta filo pie, steamed new potatoes, broccoli & chantenay carrots (v)**

**ALLERGENS: MIL, WHE**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

### Wednesday

**Beef stroganoff, steamed rice, green beans & roast butternut squash**

**ALLERGENS: MIL, SUL, MUS**

**Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)**

**ALLERGENS: CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Bananas**

### Thursday

**Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets**

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

**Vegetarian nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets (v)**

**ALLERGENS: CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Flapjacks / Seasonal fruit bowl**

**ALLERGENS: MIL**

### Friday



**South Indian chicken curry with pilaf rice**

**ALLERGENS: MIL,**

**Vegetable coconut curry with pilaf rice (v)**

**Mini naan bread**

**ALLERGENS: WHE**

**Mini mango cakes with cream cheese frosting / Seasonal fruit bowl**

**ALLERGENS: WHE, EGG, MIL**

**Week commencing 14<sup>th</sup> January**

**Monday**

**Creamy chicken macaroni cheese**

**ALLERGENS: WHE, MIL,**

**Butternut mac n cheese (v)**

**ALLERGENS: WHE, MIL,**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Garden salad with cherry tomato, cucumber & carrot batons (v)**

**Vinaigrette dressing served separately**

**ALLERGENS: MUS**

**Fruit yoghurt / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Steak haché, gravy, potato croquettes, green beans & chantenay carrots**

**ALLERGENS: WHE, EGG, MIL**

**Halloumi burgers, potato croquettes, green beans & carrots/ketchup (v)**

**ALLERGENS: MUS, EGG, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Chicken parmesan schnitzel, mash, tender stem broccoli, lemon ketchup/mayo**

**ALLERGENS: MIL, WHE, EGG**

**Courgette & fetta fritters, mash, tender stem broccoli, lemon ketchup/mayo (v)**

**ALLERGENS: MIL, WHE, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Bananas**

**Thursday**

**Cheesy baked cod with tomato sauce, wholegrain rice, broccoli**

**ALLERGENS: FIS, CEL, MIL**

**Provençal courgette & tomato gratin, wholegrain rice & broccoli (v)**

**ALLERGENS: WHE, EGG, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Nut free granola bars / Seasonal fruit bowl**

**ALLERGENS: WHE**

**Friday**



**Slow cooked Moroccan lamb tagine, barley couscous**

**ALLERGENS: CEL, WHE**

**Butternut & chickpea tagine, barley couscous (v)**

**ALLERGENS: CEL, WHE**

**Feta, cucumber & cherry tomato salad (v)**

**ALLERGENS: MIL**

**Mini pitta bread**

**ALLERGENS: WHE**

**Mini orange cakes with buttercream frosting / Seasonal fruit bowl**

**ALLERGENS: WHE, EGG, MIL**

**Week commencing 21<sup>st</sup> January**

**Monday**

**Beef meatballs, tomato & basil whole wheat penne, bowls of parmesan**

**ALLERGENS: WHE, EGG, CEL, MIL**

**Aubergine polpettine, tomato & basil wholemeal penne, bowls of parmesan (v)**

**ALLERGENS: WHE, EGG, CEL, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Chicken fricassee, steamed rice, tender stem broccoli & chantenay carrots**

**ALLERGENS: WHE, MIL, CEL**

**Butternut fricassee, steamed rice, tender stem broccoli & chantenay carrots (v)**

**ALLERGENS: WHE, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Beef bourguignon, potato gratin, green beans, roast butternut squash**

**ALLERGENS: CEL, SUL, MIL**

**Provençal stuffed peppers, potato gratin, green beans, butternut squash (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Salmon fish cakes, roast new potatoes, peas, carrots & corn, lemon, mayo/ketchup**

**ALLERGENS: FIS, MIL, WHE, EGG**

**Butternut squash & feta croquettes, roast new potatoes, peas, carrots & corn, lemon, mayo/ketchup sachets (v)**

**ALLERGENS: MIL, WHE, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Flapjacks / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Friday**



**Sweet & sour chicken with egg fried rice**

**ALLERGENS: SOY, EGG, WHE, CEL, FIS**

**Sweet & sour tofu with egg fried rice (v)**

**ALLERGENS: SOY, EGG, WHE, CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Mini pineapple cake with cream cheese frosting / Seasonal fruit bowl**

**ALLERGENS: WHE, EGG, MI**

**Week commencing 28<sup>th</sup> January**

**Monday**

**Bolognese with tomato & basil whole wheat pennette pasta / bowls of parmesan**

**ALLERGENS: WHE, MIL, CEL**

**Broccoli, baby spinach & sun blushed tomato with a creamy basil whole wheat pennette pasta (v)**

**ALLERGENS: WHE, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Garden salad with cherry tomato, cucumber & carrot batons (v)**

**Vinaigrette dressing served separately**

**ALLERGENS: MUS**

**Fruit yoghurt / Fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Chicken brochettes, Mediterranean roast vegetables & pilaf rice**

**ALLERGENS: WHE, CEL, SUL, MIL**

**Halloumi & vegetable brochettes, Mediterranean roast vegetables & pilaf rice (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Spanish style lamb meatballs, courgettes & peppers, crispy potatoes**

**ALLERGENS: CEL, MIL**

**Broccoli, new potato & feta tortilla, courgettes & peppers (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Breaded haddock, steamed new potatoes, broccoli, chantenay carrots, lemon ketchup/mayo sachets**

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

**Butternut risotto cakes, steamed new potatoes, broccoli, chantenay carrots ketchup/mayo sachet (v)**

**ALLERGENS: WHE, EGG, MIL, CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Granola bars / Fruit bowl**

**Friday**



**Slow cooked Mexican beef chilli & tomato rice**

**ALLERGENS: CEL**

**Mixed vegetable & bean chilli & tomato rice (v)**

**ALLERGENS: CEL**

**Pots of tortilla chips/bowls of grated cheddar (v)**

**ALLERGENS: WHE, MIL**

**Mini banana & chocolate cakes with vanilla frosting / Fruit bowl**

**ALLERGENS: WHE, MIL, EGG, SOY**

**Week commencing 4<sup>th</sup> February**

**Monday**

**Chicken Alfredo whole wheat pennette pasta / bowls of parmesan**

**ALLERGENS: WHE, MIL, CEL**

**Spinach & ricotta tortellini a creamy basil sauce (v)**

**ALLERGENS: WHE, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / Fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Beef chipolatas, new potatoes, broccoli, chantenay carrots & gravy**

**ALLERGENS: MIL, WHE**

**Leek & cheddar croquettes, new potatoes, broccoli, chantenay carrots ketchup**

**ALLERGENS: MIL, WHE, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Chicken cacciatore, steamed rice & green beans**

**ALLERGENS: CEL, MIL**

**Italian bean casserole, steamed rice & green beans (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Roast fillet of salmon, gnocchi in a light cream sauce, peas & courgettes**

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

**Gnocchi gratin with tomato, spinach & mozzarella (v)**

**ALLERGENS: WHE, EGG, MIL, CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Flapjack / Fruit bowl**

**Friday**



**Chicken katsu curry with steamed rice, shredded carrot**

**ALLERGENS: WHE, MIL, EGG**

**Sweet potato & butternut katsu curry with steamed rice, shredded carrot (v)**

**ALLERGENS: WHE, MIL, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Mini carrot cakes with cream cheese frosting / Fruit bowl**

**ALLERGENS: WHE, MIL, EGG, SOY**

**Week commencing 25<sup>th</sup> February**

**Monday**

**Beef meatballs, tomato & basil whole wheat pennette, bowls of parmesan**

**ALLERGENS: WHE, EGG, CEL, MIL**

**Aubergine polpettine, tomato & basil wholemeal pennette, bowls of parmesan (v)**

**ALLERGENS: WHE, EGG, CEL, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Chicken fricassee, steamed rice, tender stem broccoli & chantenay carrots**

**ALLERGENS: WHE, MIL, CEL**

**Butternut (UK) fricassee, steamed rice, tender stem broccoli & chantenay carrots (v)**

**ALLERGENS: WHE, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Beef bourguignon, potato gratin, green beans, roast butternut squash**

**ALLERGENS: CEL, SUL, MIL**

**Provençal stuffed peppers, potato gratin, green beans, butternut squash (v)**

**ALLERGENS: WHE, CEL, MIL**  
Wholegrain/white baguette slice

**ALLERGENS: WHE**

Banana

**Thursday**

Salmon fish cakes, roast new potatoes, peas, carrots & corn, lemon, mayo/ketchup

**ALLERGENS: FIS, MIL, WHE, EGG**

Butternut squash & feta croquettes, roast new potatoes, peas, carrots & corn, lemon, mayo/ketchup sachets (v)

**ALLERGENS: MIL, WHE, EGG**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Flapjacks / Seasonal fruit bowl

**ALLERGENS: MIL**

**Friday**



Sweet & sour chicken with egg fried rice

**ALLERGENS: SOY, EGG, WHE, CEL, FIS**

Sweet & sour tofu with egg fried rice (v)

**ALLERGENS: SOY, EGG, WHE, CEL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Mini pineapple cake with cream cheese frosting / Seasonal fruit bowl

**ALLERGENS: WHE, EGG, MIL,**

**Week commencing 4<sup>th</sup> March**

**Monday**

Bolognese with tomato & basil whole wheat pennette pasta / bowls of parmesan

**ALLERGENS: WHE, MIL, CEL**

Broccoli, baby spinach & sun blushed tomato with a creamy basil whole wheat pennette pasta (v)

**ALLERGENS: WHE, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Garden salad with cherry tomato, cucumber & carrot batons (v)

Vinaigrette dressing served separately

**ALLERGENS: MUS**

Fruit yoghurt / Fruit bowl

**ALLERGENS: MIL**

**Tuesday**

Chicken brochettes, Mediterranean roast vegetables & pilaf rice

**ALLERGENS: WHE, CEL, SUL, MIL**

Halloumi & vegetable brochettes, Mediterranean roast vegetables & pilaf rice (v)

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Spanish style lamb meatballs, courgettes & peppers, crispy potatoes**

**ALLERGENS: CEL, MIL**

**Broccoli, new potato & feta tortilla, courgettes & peppers (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Breaded haddock, steamed new potatoes, broccoli, chantenay carrots, lemon ketchup/mayo**

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

**Butternut risotto cakes, steamed new potatoes, broccoli, chantenay carrots ketchup/mayo (v)**

**ALLERGENS: WHE, EGG, MIL, CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Granola bars / Fruit bowl**

**Friday**



**Slow cooked Mexican beef chilli & tomato rice**

**ALLERGENS: CEL**

**Mixed vegetable & bean chilli & tomato rice (v)**

**ALLERGENS: CEL**

**Pots of tortilla chips/bowls of grated cheddar (v)**

**ALLERGENS: WHE, MIL**

**Mini banana & chocolate cakes with vanilla frosting / Fruit bowl**

**ALLERGENS: WHE, MIL, EGG, SOY**

**Week commencing 11<sup>th</sup> March**

**Monday**

**Chicken Alfredo whole wheat pennette pasta / bowls of parmesan**

**ALLERGENS: WHE, MIL, CEL**

**Spinach & ricotta tortellini a creamy basil sauce (v)**

**ALLERGENS: WHE, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / Fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Beef chipolatas, new potatoes, broccoli, chantenay carrots & gravy**

**ALLERGENS: MIL, WHE**



**Leek & cheddar croquettes, new potatoes, broccoli, chantenay carrots ketchup**

**ALLERGENS: MIL, WHE, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Chicken cacciatore, steamed rice & green beans**

**ALLERGENS: CEL, MIL**

**Italian bean casserole, steamed rice & green beans (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Roast fillet of salmon, gnocchi in a light cream sauce, peas & courgettes**

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

**Gnocchi gratin with tomato, spinach & mozzarella (v)**

**ALLERGENS: WHE, EGG, MIL, CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Flapjack / Fruit bowl**

**Friday**



**Chicken katsu curry with steamed rice, shredded carrot**

**ALLERGENS: WHE, MIL, EGG**

**Sweet potato & butternut katsu curry with steamed rice, shredded carrot (v)**

**ALLERGENS: WHE, MIL, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Mini carrot cakes with cream cheese frosting / Fruit bowl**

**ALLERGENS: WHE, MIL, EGG, SOY**

**Week commencing 18<sup>th</sup> March**

**Monday**

**Beef lasagne**

**ALLERGENS: WHE, MIL, CEL, EGG**

**Butternut squash, spinach & ricotta lasagne (v)**

**ALLERGENS: WHE, MIL, CEL**

**Garlic bread**

**ALLERGENS: WHE, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Chicken pie, steamed new potatoes, broccoli & chantenay carrots**

**ALLERGENS: MIL, WHE, EGG**

**Leek & feta filo pie, steamed new potatoes, broccoli & chantenay carrots (v)**

**ALLERGENS: MIL, WHE**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Beef stroganoff, steamed rice, green beans & roast butternut squash**

**ALLERGENS: MIL, SUL, MUS**

**Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)**

**ALLERGENS: CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Bananas**

**Thursday**

**Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo**

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

**Vegetarian nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo (v)**

**ALLERGENS: CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Flapjacks / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Friday**



**South Indian chicken curry with pilaf rice**

**ALLERGENS: MIL,**

**Vegetable coconut curry with pilaf rice (v)**

**Mini naan bread**

**ALLERGENS: WHE**

**Mini mango cakes with cream cheese frosting / Seasonal fruit bowl**

**ALLERGENS: WHE, EGG, MIL**

**Week commencing 25<sup>th</sup> March**

**Monday**

**Creamy chicken macaroni cheese**

**ALLERGENS: WHE, MIL,**

**Butternut mac n cheese (v)**

**ALLERGENS: WHE, MIL,**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Garden salad with cherry tomato, cucumber & carrot batons (v)**

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt / Seasonal fruit bowl

ALLERGENS: MIL

Tuesday

Steak haché, gravy, potato croquettes, green beans & chantenay carrots

ALLERGENS: WHE, EGG, MIL

Halloumi burgers, potato croquettes, green beans & carrots/ketchup (v)

ALLERGENS: MUS, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit salad

Wednesday

Chicken parmesan schnitzel, mash, tender stem broccoli, lemon ketchup/mayo

ALLERGENS: MIL, WHE, EGG

Courgette & fetta fritters, mash, tender stem broccoli (UK), lemon ketchup/mayo (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Bananas

Thursday

Cheesy baked cod with tomato sauce, wholegrain rice, broccoli

ALLERGENS: FIS, CEL, MIL

Provençal courgette & tomato gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Nut free granola bars / Seasonal fruit bowl

ALLERGENS: WHE

Friday



Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE

Butternut & chickpea tagine, barley couscous (v)

ALLERGENS: CEL, WHE

Feta, cucumber & cherry tomato salad (v)

ALLERGENS: MIL

Mini pitta bread

ALLERGENS: WHE

Mini orange cakes with buttercream frosting / Seasonal fruit bowl

ALLERGENS: WHE, EGG, MIL

Week commencing 1<sup>st</sup> April

Monday

Bolognese with tomato & basil whole wheat penne pasta / bowls of parmesan

ALLERGENS: WHE, MIL, CEL

Broccoli, baby spinach & sun blushed tomato with a creamy basil whole wheat penne pasta (v)

**ALLERGENS: WHE, MIL**

**Baby mozzarella salad, cherry tomato & cucumber (v)**

**ALLERGENS: MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit yoghurt / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Tuesday**

**Chicken fricassee, steamed rice, tender stem broccoli & chantenay carrots**

**ALLERGENS: WHE, MIL, CEL**

**Butternut fricassee, steamed rice, tender stem broccoli & chantenay carrots (v)**

**ALLERGENS: WHE, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Fruit salad**

**Wednesday**

**Beef bourguignon, potato gratin, green beans, roast butternut squash**

**ALLERGENS: CEL, SUL, MIL**

**Provençal stuffed peppers, potato gratin, green beans, butternut squash (v)**

**ALLERGENS: WHE, CEL, MIL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Salmon fish cakes, roast new potatoes, peas, carrots & corn, lemon, mayo/ketchup**

**ALLERGENS: FIS, MIL, WHE, EGG**

**Butternut squash & feta croquettes, roast new potatoes, peas, carrots & corn, lemon, mayo/ketchup (v)**

**ALLERGENS: MIL, WHE, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Flapjacks / Seasonal fruit bowl**

**ALLERGENS: MIL**

**Friday**



**Sweet & sour chicken with egg fried rice**

**ALLERGENS: SOY, EGG, WHE, CEL, FIS**

**Sweet & sour tofu with egg fried rice (v)**

**ALLERGENS: SOY, EGG, WHE, CEL**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Mini pineapple cake with cream cheese frosting / Seasonal fruit bowl**

**ALLERGENS: WHE, EGG, MIL,**

**We source our fish from Scotland & is MSC certified.**

**All our meat is Red Tractor approved**

**(Red Tractor logo confirms your food has been born, grown, prepared and packed in the UK)**

## **KEY TO ALLERGENS**

**WHE:** cereals containing gluten

**CRU:** crustaceans, for example prawns, crabs, lobster and crayfish

**EGG:** eggs

**FIS:** fish

**PEA:** peanuts

**SOY:** soybeans

**MIL:** milk

**TRE:** nuts, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts

**CEL:** celery (and celeriac)

**MUS:** mustard

**SES:** sesame

**SUL:** sulphur dioxide, which is a preservative found in some dried fruit

**LUP:** lupin

**MOL:** molluscs, for example clams, mussels, whelks, oysters, snails and squid