

St. Gerard's School Dining Hall

- Recipes and Allergens -



List of 14 Allergens



1. Eggs



2. Milk



3. Shellfish



4. Molluscs



5. Fish



6. Peanuts



7. Sesame



8. Soya



9. Sulphur dioxide



10. Nuts



11. Cereals containing gluten



12. Celery



13. Mustard



14. Lupin

St. Gerard's School - DISHES AND ALLERGEN CONTENT CHECK SHEET

Review date: August 2016















Reviewed by: Brien Hayes

[illegible]

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Review date: August 2016















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DISHES														
List dishes below and tick allergens present	Cereals containin g gluten	Peanuts	Nuts	Milk	Crustaceans	Molluscs	Eggs	Fish	Celery	Lupin	Mustard	Sesame seeds	Soya	Sulphur Dioxide
Gravy/Demi Glaze									√					√
Provençal Sauce									√					
Chicken Veloute									√					√
Chicken Curry	√								√		√			
Thai Green Curry					√				√					
Noodles	√													
Herb Crumbed Chicken	√			√			√							
Chicken Casserole									√					

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Chicken Pie	√			√			√		√					
Chicken Pasta	√								√					
Chicken Korma	√		√						√		√			
Chicken Stir Fry	√								√			√	√	
Chicken, Broccoli Bake	√								√					
Chicken Fajita									√					
Soft Tortilla Wrap	√													
Chicken Satay	√	√							√		√			

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Mashed Potato				√										
Beef Stroganoff									√					
Beef Goulash									√		√			
Beef Casserole									√					
Beef Pie	√			√			√		√					
Peppered Beef									√					
Beef Stir Fry	√								√			√	√	
Lamb Hot Pot									√					

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Irish Stew									√					
Lamb Rogan Josh					√				√					
Vegetable Soup									√					
Carrot/Coriander Soup									√					
Broccoli Soup									√					
Mulligatawny Soup					√				√					
Oriental Noodle Soup	√								√			√	√	
Tomato Soup									√					

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Minestrone Soup	√								√					
Apple Pie	√			√			√							√
Chocolate Cake	√			√			√						√	
Pavlova							√							
Fruit Tartlet	√			√									√	√
Cheesecake	√			√			√						√	√
Pear/Toffee Sponge	√			√			√						√	√
Chocolate Brownie	√			√			√						√	√

