DISHES AND THEIR ALLERGEN CONTENT - ANCIENT TECHNOLOGY CENTRE - OUTDOOR EDUCATION SERVICE

DISHES						Lupin Flour			MUSTARD		0			Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Viking Stew (Lunch & Dinner)	√ *	√ *	×	×	×	×	×	×	×	×	×	×	×	×
Viking Bread	×	\checkmark	×	×	×	×	√ *	×	×	×	×	×	×	×
Viking Cheese	×	×	×	×	×	×	\checkmark	×	×	×	×	×	×	×
Viking Butter	×	×	×	×	×	×	\checkmark	×	×	×	×	×	×	×
Viking Chicken	×	×	×	×	×	×	√ *	×	×	×	×	×	×	×
Breakfast Cereals	×	\checkmark	×	×	×	×	\checkmark	×	×	×	×	×	×	×
Breakfast Toast	×	\checkmark	×	×	×	×	×	×	×	×	×	×	×	×
Hot Chocolate	×	×	×	×	×	×	\checkmark	×	×	×	×	×	×	×

*These Allergens can be removed from the dishes please discuss in your planning meeting.

