

**ULVERSTON VICTORIA HIGH SCHOOL
DISHERS AND THEIR ALLERGEN CONTENT**

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Roast Beef Dinner														
	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Chicken Korma and Rice														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Sweet and Sour Pork with Rice or Chips and Salad or Vegetables														
	✓	x	x	x	x	x	x	x	x	x	x	x	x	x
Southern Style Chicken														
	✓	✓	x	x	x	x	x	x	x	x	x	x	✓	x
BBQ Salmon Steak with Noodles and Vegetables or Salad														
	✓	✓	x	✓	✓	x	x	x	x	x	x	x	✓	x
Meat Lasagne with Salad or Vegetables														
	x	✓	x	x	x	x	✓	x	x	x	x	x	x	x
Jumbo Sausage Roll with Creamed Potato and Salad or Vegetables														
	x	✓	x	x	x	x	✓	x	x	x	x	x	✓	x
Meat Free Sausage Toad in the Hole with Gravy and Salad or Vegetables														
	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓
Cottage Pie with Salad or Vegetables														
	✓	✓	x	x	x	x	✓	x	x	x	x	x	x	x
Chilli Con Carne with half a Jacket Potato and Salad or Vegetables														
	x	x	x	x	x	x	x	x	x	x	x	✓	x	x

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Roast Beef in a Baguette with Onion Gravy and Salad or Vegetables														
	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Roast Chicken with Stuffing and Roast Potato with Salad or Vegetables and Gravy														
	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Pork and Leak Sausage with Creamed Potato and Salad or Vegetables														
	✓	✓	x	x	x	x	✓	x	x	x	x	x	x	✓
Beef Chilli Fajitas with Salad or Vegetables														
	x	✓	x	x	x	x	✓	x	x	x	x	✓	✓	✓
Homemade Meat and Potato Pie with Marrowfat Peas, Salad or Vegetables and Gravy														
	✓	✓	x	x	x	x	✓	x	x	x	x	x	x	x
Vegetable and Veggie Mince Moussaka with Salad or Vegetables														
	x	✓	x	x	x	x	✓	x	x	x	x	x	✓	x
Cheese and Onion Slice with Chips, Salad or Vegetables														
	x	✓	x	x	x	x	✓	x	x	✓	x	x	✓	✓
Fish in Batter with Chips and Salad or Vegetables														
	x	✓	x	x	✓	x	x	x	✓	x	x	x	x	✓
Sweet and Sour Chicken with Rice and Salad or Vegetables														
	✓	x	x	x	x	x	x	x	x	x	x	x	x	x
Meatballs with Tomato Sauce and Rice with Salad or Vegetables														
	x	✓	x	✓	x	x	x	x	x	x	x	✓	x	x
Cheese and Onion Slice with Baked Beans or Salad														
	x	✓	x	x	x	x	✓	x	x	✓	x	x	✓	✓

