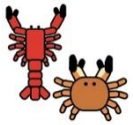
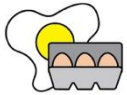
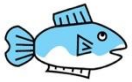
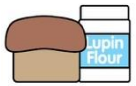
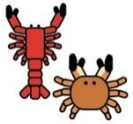
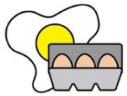
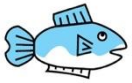
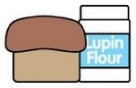
DISHES AND THEIR ALLERGEN CONTENT – The Cookery Cabin (Main Meals)

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Goujons		✓		✓			✓							
Chicken & Ham Lasagne		✓					✓							
Chicken & Stuffing Plait		✓		✓			✓							
Chilli Con Carne														
Ham, Cheese & Broccoli Parcels		✓					✓							
Quick Fish Pie					✓		✓							
Macaroni Cheese		✓					✓							
Meatballs		✓		✓			✓							
Mini Meatloaves		✓							✓					
Pork & Apple Burgers		✓		✓			✓							
Rainbow Rice Salad	✓													

DISHES														
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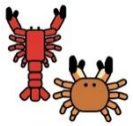
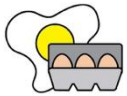
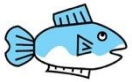
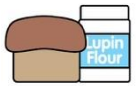
Mini Salmon Wellingtons		✓		✓	✓		✓							
Spaghetti Carbonara		✓		✓			✓							
Pizza		✓					✓							
Sausages ‘n’ Rice														
Summer Vegetable Orzo		✓												
Tomato Sauce														
Tuna Fish Cakes		✓			✓		✓							
Tuna Melt Nachos		✓			✓		✓							
Vegetable Lasagne		✓					✓							
Vegetable Sauce		✓												
Vegetable Stir Fry				✓										

DISHES														
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Last Updated: 31/08/26

Reviewed by: Triona Chapman

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