



**Allergy Menu Information Spring 2015
Louise Primary**

Group	Menu Item	Portion Size	Carbohydrate Count	EU Allergens													
				Milk	Eggs	Containing Gluten *	Soya	Celery and Celeriac	Mustard	Fish	Peanuts	Tree Nuts **	Sesame Seeds	Crustaceans	Molluscs	Lupin	Dioxide and Sulphites ***
M1	Chicken Korma	100g	15.09g	✓			✓	✓	✓								✓
M1	Beef Lasagne	200g	26.93g	✓		✓		✓									
M1	Chicken and Sweetcorn Pie	125g	10.5g		✓	✓		✓									
M1	Roast Beef	75g	3.8g					✓									
M1	Breaded Fish	60g	12.18g			✓				✓							
M2	Cheese and Tomato Warm Tortilla	100g	45.67g	✓		✓		✓									
M2	Cheese and Potato Pie (no pastry)	200g	14.3g	✓	✓												
M2	Vegetarian Sausage	75g	10.5g	✓	✓	✓											
M2	Tomato Pasta	200g	37.5g			✓		✓									
M2	Potato and Leek Gratin	175g	16.6g	✓		✓											
Carbs	Rice	100g	23.4g														
Carbs	Crusty Bread	25g	13.4g			✓	✓										
Carbs	Mashed potato	100g	28.1g	✓													
Carbs	Roast Potatoes	100g	22g														
Carbs	Chips (fried)	100g	18.60g														
Carbs	Chips (oven)	100g	24.50g														
Veg	Sweetcorn	80g	13.7g														
Veg	Mixed Salad	80g	5.4g														
Veg	Broccoli	80g	1.8g														
Veg	Mixed Vegetables	80g	8.3g														
Veg	Braised Cabbage	80g	3.3g														
Veg	Carrots	80g	7.9g														
Veg	Peas	80g	6.3g														
Dessert	Fruit Mousse	30g	.6g	✓		✓											
Dessert	Strawberry Cake	73g	25.2g	✓	✓	✓											
Dessert	Apple Crumble	65g	12.2g			✓											
Dessert	Chocolate Raisin Flapjack	72g	37g			✓											
Dessert	Fruit Jelly	30g	3.0g			✓											
Dessert	Fruit Salad/Platter	80g	9.85g														
Dessert	Yoghurt	90g	14.49g	✓													
Sauce	Onion Gravy	25g	1.0g														
Sauce	Gravy	25g	1.8g														
Sauce	Custard	100g	12.3g	✓													
Sauce	ketchup	10g	2.35g			✓			✓								

*Wheat, rye, barley, oats**almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia or Queensland***At concentrations more than 10 PPM