















# ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: *Vegan spag bol*

Date: *13/1/25* chef: *Charlotte*

Please state the name of the cereal(s) containing gluten\*\* AND/OR the name of the nut(s)\*

 Celery <input type="checkbox"/> <i>MC</i>	 Cereals containing gluten** <hr/> <input checked="" type="checkbox"/>	 Crustaceans <input type="checkbox"/>	 Eggs <input type="checkbox"/>	 Fish <input type="checkbox"/>
 Lupin <input type="checkbox"/>	 Milk <input type="checkbox"/>	 Molluscs <input type="checkbox"/>	 Mustard <input type="checkbox"/> <i>MC</i>	 Nuts* <hr/> <input type="checkbox"/>
 Peanuts <input type="checkbox"/>	 Sesame seeds <input type="checkbox"/>	 Soya <i>MC</i> <input type="checkbox"/>	 Sulphur dioxide <input type="checkbox"/>	<p><b>TICK THE ALLERGENS WHICH ARE IN THE DISH</b></p> <input checked="" type="checkbox"/>