















Moon & Spoon Allergen Check List






Vegetarian Main Dishes & Soups	 Egg	 Milk	 Fish	 Gluten	 Crusta	 Peanut	 Mollusc	 Celery	 Mustard	 Lupin	 Soya	 Nuts	 Sulphur	 Sesame
Cool Vegetable Curry				✓ Wheat				✓	✓		✓		✓	
Chilli Bean Bounce		✓						✓			✓		✓	
Goldilocks Goodness		✓		✓ Wheat				✓			✓			
Lippy Lentil Pie		✓						✓			✓			
Little Italy		✓		✓ Wheat				✓			✓			
Little Italy No Cheese Lactose Free				✓ Wheat				✓			✓			
Snow White's Delight		✓		✓ Wheat				✓			✓			
Summer Veg Lasagne	✓	✓		✓ Wheat				✓			✓			
Spaghetti Ready		✓		✓ Wheat				✓			✓			
Spaghetti Ready - No Cheese Lactose Free				✓ Wheat				✓			✓			
Tee Hee Tofu		✓		✓ Wheat				✓			✓		✓	
Vegetable & Lentil Soup		✓						✓						
Potato & Leek Soup		✓						✓						
Cream of Tomato Soup		✓						✓						
Chicken & Vegetable Soup		✓						✓						

KEY

✓ Denotes allergen is present in this dish. Where an allergen is not declared we cannot guarantee that equipment before cleaning was used to make products containing the allergen.

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Sides	 Egg	 Milk	 Fish	 Gluten	 Crusta	 Peanut	 Mollusc	 Celery	 Mustard	 Lupin	 Soya	 Nuts	 Sulphur	 Sesame
Boiled Rice														
Garlic Bread		✓		✓ Wheat							✓			
Gravy		✓	✓	✓ Wheat & Barley				✓			✓			
Minnie Mash		✓												
Minnie Mash (Dairy Free)														
Peas														
Pureed Carrots & Turnip		✓												
Roast Potato Chunks								✓			✓			
Sliced Carrots in Butter Sauce		✓												
Cheesy Potato Mash		✓												
Sweetcorn														

KEY

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