Benji's Bites: Allergens recipe chart

	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide (Suphites)
Beef Ragu	Y													
Fish Pie	Y	Y			Y		Y							
Chicken & Veg Curry														
Veggie & Lentil Ragu	Y													
Tomato & Veg sauce	Y													
Mixed Grains		Y												
Potato & Sweet Potato Mash		Y												
Pasta		Y												
Cauliflower & Mixed Rice														
Broccoli & Cauliflower														
Smashed Peas & Carrot														