The recipes contain gluten, celery, eggs, fish and milk (and other allergens depending on the type of stock cube used).

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| **Dish** | **Cereals containing Gluten** | **Celery** | **Eggs** | **Fish**  **Crustaceans and Molluscs** | **Milk** | **Mustard** | **Peanuts** | **Other Nuts** | **Sesame Seeds** | **Soya** | **Sulphur Dioxide and Sulphites** | **Lupin Seeds and Flour** |
| Lentil Pasta Bolognese | ü | ü |  |  | ü |  |  |  |  |  |  |  |
| Kitchari | ü | ü |  |  | ü |  |  |  |  |  |  |  |
| Tuna Rice |  |  | ü | ü |  |  |  |  |  |  |  |  |
| Lentil soup | ü | ü |  |  | ü |  |  |  |  |  |  |  |
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