# ALLERGENS: CHEF RECIPE CARDS

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| Dish/ingredient: |  |

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| --- | --- | --- | --- |
| Date: |  | Chef: |  |

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| --- | --- | --- | --- | --- |
| Celery  **Celery** | Cereals containing gluten  **Cereals containing gluten** | Crustaceans  **Crustaceans** | Eggs  **Eggs** | Fish  **Fish** |
|  |  |  |  |  |
| Lupin  **Lupin** | Milk  **Milk** | Mollusc  **Mollusc** | Mustard  **Mustard** | Nuts  **Nuts** |
|  |  |  |  |  |
| Peanuts  **Peanuts** | Sesame seeds  **Sesame seeds** | Soya  **Soya** | Sulphur Dioxide  **Sulphur Dioxide** | **TICK THE ALLERGENS WHICH ARE IN THE DISH** |
|  |  |  |  | 🗹 |

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| Notes: | |
| Reviewed and checked by: |  |

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| Dish/ingredient: |  |

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