

Simply the Best Catering

046-9023056, 087-2525996, 087-6720877 www.seamusconnollycatering.ie
113 Abbeygrove, Navan, Co. Meath joaneconnolly@eircom.net



E.U. Regulations No. 1169/2011 on Food Information for Consumers (FIC)

Health (Provision of food allergen information to consumers in respect of non-pre-packed food) Regulations 2014 (SI 489/2014)

Hot Dishes

Beef Stroganoff:

Contains: Gluten and Milk

Curry:

Contains: Gluten and Mustard

A la King:

Contains: Gluten and Milk

Thai Green:

Contains: Gluten and Fish Sauce

Thai Red:

Contains: Gluten and Fish Sauce

Black Bean:

Contains: Soya Beans and Sesame Oil

Sweet and Sour:

Contains: Celery, Gluten and Barley

Cajun:

Contains: Mustard Flour, Barley and Soya Beans

Pasta Sauce:

Contains: Celery

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Salads

Potato Salad:

Contains: Egg and Mustard

Coleslaw:

Contains: Egg and Mustard

Pasta Salad:

Contains: Drum Wheat, Egg and Barley

Rice Salad:

Contains: Mustard

Egg Salad:

Contains: Egg and Mustard

Waldorf:

Contains: Celery, Nuts, Egg and Mustard

Peppers:

Contains: Barley

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Finger Food

Goujons:

Contains: Gluten and Sesame

Sausages:

Contains: Wheat and Sodium Sulphite

Ribs:

Contains: Barley and Gluten

Sausage Rolls:

Contains: Wheat, Milk and Sulphur Dioxide

Spring Rolls:

Contains: Wheat and Celery

Mini Pizza:

Contains: Mustard and Milk

Vol au Vents:

Contains: Wheat, Milk and Gluten

Wings:

Contains: Celery and Wheat

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Soups

Vegetable:

Contains: Gluten and Celery

Tomato:

Contains: Gluten and Celery

Carrot and Coriander:

Contains: Gluten

Starters

Prawn Cocktail:

Contains: Crustaceans, Egg and Mustard

Egg Mayonnaise:

Contains: Egg and Mustard

Vol au Vents:

Contains: Wheat, Gluten and Milk

Goats Cheese Tart:

Contains: Gluten, Goats Milk

Seafood Salad:

Contains: Crustaceans

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Sauces and Stuffing

Gravy:

Contains: Gluten

White and Parsley Sauce:

Contains: Milk and Gluten

Hollandaise:

Contains: Egg and Milk

Chilli:

Contains: Barley

Garlic Mayonnaise:

Contains: Egg and Mustard

Coronation Mayonnaise:

Contains: Egg, Celery and Mustard

Ceaser:

Contains: Egg, Mustard and Milk

Horseradish:

Contains: Egg, Mustard and Gluten

Guacamole:

Contains: Milk and Wheat

Burger Sauce:

Contains: Mustard and Egg

Stuffing:

Contains: Gluten

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Desserts

Trifle:

Contains: Gluten, Milk and Egg

Apple Pie:

Contains: Gluten

Apple Crumble:

Contains: Gluten

Cheesecake:

Contains: Milk, Wheat, Barley and Gluten

Lemon Merquine:

Contains: Gluten and Egg

Pavlova:

Contains: Egg

Sticky Toffee Pudding:

Contains: Egg, Gluten and Dates

Chocolate Fudge:

Contains: Gluten and Egg

Information up to date as of: **Tuesday 26-May-2015**

Gareth Connolly