| Soups |  |  |  |  | $\underbrace{\text { IIIII }}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Allergens | Celery | Cereals containing gluten** | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| LENTIL |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| TOMATO |  |  |  |  |  |  | If adding cream |  |  |  |  |  |  |  |
| TOMATO, CARROT \& red pepper |  |  |  |  |  |  | If adding cream |  |  |  |  |  |  |  |
| CHICKEN NOODLE |  | Wheat-Can use GF Pasta |  | In Noodles can use spaghetti |  | Present If using Gf pasta |  |  |  |  |  |  | $\begin{aligned} & \text { Present If } \\ & \text { using Gf } \end{aligned}$ pasta |  |
| CHICKEN AND RICE BROTH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| POTATO \& LEEK |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| minestrone |  | Wheat-Can use GF pasta |  |  |  | Present If using Gf pasta |  |  |  |  |  |  | $\begin{aligned} & \text { Present If } \\ & \text { using Gf } \\ & \text { pasta } \end{aligned}$ |  |
| VEGETABLE BROTH |  | Barley |  |  |  |  |  |  |  |  |  |  |  |  |
| TOMATO, CARROT \& RED PEPPER SOUP |  |  |  |  |  |  | $\begin{aligned} & \text { If adding } \\ & \text { cream } \end{aligned}$ |  |  |  |  |  |  |  |
| CHICKEN AND SWEETCORN SOUP |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SPICY LENTILAND TOMATO SOUP |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CARROT \& CORIANDER |  |  |  |  |  |  | $\begin{aligned} & \text { If adding } \\ & \text { cream } \end{aligned}$ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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## ALLERGEN CONTENT MATRIX for HOT \& COLD OCT 2020

| DISHES |  |  |  |  | $\underbrace{\text { IIIII }}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Allergens | Celery | Cereals containing gluten** | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Macaroni Cheese with salad and garlic bread(V) |  | Wheat. In Garlic Bread. Can provide GF pasta. |  |  |  | Using Gi Pasta |  |  |  |  |  |  |  |  |
| Katsu Chicken Curry with Savoury Rice |  | Wheat In Naan Bread |  |  |  |  | Naan Bread |  |  |  |  |  |  |  |
| Veg Curry with Savoury Rice (V) |  | Wheat In Naan Bread |  |  |  |  | Naan Bread |  |  |  |  |  |  |  |
| Pizza with Wedges and Salad (V) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spaghetti Bolognese with Garlic Bread |  | Wheat. In Garlic Bread Can provide GF pasta. |  |  |  | ng Gi Pasta | $\begin{aligned} & \text { If serving with } \\ & \text { cheese and in } \\ & \text { Garlic Bread } \end{aligned}$ |  |  |  |  |  |  |  |
| Spaghetti Neapolitan <br> (V) |  | Wheat. In Garlic Bread.Can provide GF pasta. |  |  |  | fi using © P Pasta | $\begin{aligned} & \text { If serving with } \\ & \text { cheese and in } \\ & \text { Garlic Bread } \end{aligned}$ |  |  |  |  |  | f using Gf Pasta and in Garlic Bread |  |
| Tomato and Cheese Pasta |  | Wheat. In Garlic Bread.Can provide pasta. |  |  |  | fi using © P Pasta | If sening with fenesic and in Garic eread |  |  |  |  |  |  |  |
| Fish \& Fish Fingers Chips and Peas/Beans |  | fish can be ©F: Fish fingers are ©F |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausage Roll, Chips and Peas (V) |  | Wheat in sausge roll |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Meatballs with Spaghetti in a Tomato sauce |  | Wheat/Barley In all |  |  |  | using © P Pasta | If serving with cheese and in Garlic Bread |  |  |  |  |  |  |  |
| Veg balls with Spaghetti in a Tomato sauce (V) |  | Wheat/Barley In all |  |  |  | ff using © P Pasta | If sening with heese and in Garicic rread |  |  |  |  |  |  |  |
| Chicken Tandoori with Rice and Naan |  | Wheat In Naan Bread |  |  |  |  | n Naan Bread |  |  |  |  |  |  |  |
| Mince and Tatties with Yorkshires and veg | n Gravy | If eating Yorkshires |  | $\begin{aligned} & \text { If eating } \\ & \text { Yorkshires } \end{aligned}$ |  |  | $\begin{array}{\|l} \hline \text { If eating } \\ \text { Yorkshires } \\ \hline \end{array}$ |  |  |  |  |  |  |  |
| Quorn Fillet with Tatties, Yorkshires and veg (V) | Gravy | If eating Yorkshires |  | $\begin{aligned} & \text { In Quorn \& If } \\ & \text { eating Yorkshires } \end{aligned}$ |  |  |  |  |  |  |  |  |  |  |
| Vegetable Goujons with chips and beans (V) | Wheat in Veg Goujons |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Curry with Rice and Naan |  | Wheat In Naan Bread |  |  |  |  | Naan Bread |  |  |  |  |  |  |  |


| DISHES |  |  |  | $\sqrt{\infty}$ | 更 |  |  |  | $\square$ |  | 药 |  | $208$ | $?^{0}$ |
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| Allergens | Celery | Cereals containing gluten** | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Veg Curry with Rice and Naan (V) |  | eat 1 N Nana Bread |  |  |  |  | Jan Bread |  |  |  |  |  |  |  |
| Roast Chicken with Yorkshires Tatties and Veg | Gravy | Wheat If eating Yorkshires |  | $\begin{aligned} & \text { eating } \\ & \text { Prathires } \end{aligned}$ |  |  | $\underset{\substack{\text { feating } \\ \text { lorshires }}}{ }$ |  |  |  |  |  |  |  |
| Quorn Fillet with Yorkshires, Tatties and veg (V) | nravy | eatif eating |  | Quorn \& If ting Yorkshire |  |  | $\underset{\substack{\text { feating } \\ \text { lothenires }}}{ }$ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Specials |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| chicken Burger |  | Wheat in Bu/Roll |  |  |  |  |  |  |  |  |  |  |  |  |
| American Style Sausage in a bun with Wedges, Salad and Sweetcorn |  | Wheat in Sussge and |  |  |  |  |  |  |  |  |  | Bun/roll |  |  |
| Chicken Goujons with Wedges and Salad | NoAllergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheeseburger Beef |  | Wheat in Bun/Roll |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Burger in a bun with diced potatoes and salad |  | mbureo 8 |  |  |  |  | n auorn |  |  |  |  | Bun/roll |  |  |
| GF Salmon fish Fingers Chips and Peas/Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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## ALLERGEN CONTENT MATRIX for HOT \& COLD OCT 2020

| Sandwich <br>  <br> Baguettes | $\frac{104}{5}$ |  |  | $\infty$ | E0 |  |  |  |  |  | $\stackrel{0}{8}$ |  |  |  |
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| Allergens | Celery | Cereals containing gluten** | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame <br> seeds | Soya | Sulphur dioxide |
| Tuna Salad Baguette/Sandwich |  | Baguett |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Tikka Baguette/Sandwich |  |  |  | Syoomase |  |  |  |  | Mavomase |  |  | Iaguete | ${ }^{\text {n 50/50 }}$ Bread |  |
| BBQ Pulled Pork Baguette/Sandwich |  | ${ }_{\text {maber }}^{\text {mabuete }}$ |  |  |  |  |  |  |  |  |  | Baguete | ${ }^{\text {n 50/50 }}$ 8read |  |
| Cheese Savoury Baguette/Sandwich |  |  |  | Ne without |  |  |  |  | Sememe |  |  | Baguete | ${ }^{50} 50 / 508$ read |  |
| Egg Mayonnaise Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | Bgasete | n 50/50 Bread |  |
| Chicken Fajita Baguette/Sandwich |  |  |  |  |  |  | omase |  |  |  |  | Baguete | n $50 / 5080$ read |  |
| Plain Roast Beef Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | Baguete | ${ }^{\text {50/50 B Braa }}$ |  |
| Plain Roast Chicken Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | Bgsuete | ${ }^{\text {5 50/50 B read }}$ |  |
| Plain Cheese Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | Baguete | ${ }^{\text {n 50/50 B iread }}$ |  |
| Plain Roast Turkey Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | uete | ${ }^{\text {n 50/50 }}$ 8read |  |
| Spicy Mixed Meat Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | Iaguete | ${ }^{\text {n 50/50 }}$ 8read |  |
| Five Bean Salad Baguette/Sandwich |  |  |  |  |  |  |  |  |  |  |  | guete | $1{ }^{\text {50/50 B Bread }}$ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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## ALLERGEN CONTENT MATRIX for HOT \& COLD OCT 2020



| Salads and pasta | 鲜 |  |  | $\sqrt[n]{\infty}$ | $0^{\circ}$ |  |  |  | $\square$ |  | - |  | $088$ | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Allergens | Celery | Cereals containing gluten** | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Chicken pasta box |  |  |  |  |  |  | Nomase |  |  |  |  |  |  |  |
| Roast Beef Salad Box |  | atiread |  | lay |  |  |  |  |  |  |  |  |  |  |
| Italian pasta box with mozzarella |  | provide ef pasta |  |  |  |  | In chese can be |  |  |  |  |  |  |  |
| Spicy Mixed Meat Salad Box |  | Ilatread |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna pasta box |  | provide of pasto |  |  |  |  | In mayonase |  | ewithour |  |  |  |  |  |
| Chicken Caesar Salad Pasta box |  | erovide f pasta |  | Uesa roes |  | Using 6f pasa | In Coesara resesing |  |  |  |  |  | Sing f p pasa |  |
| $\begin{aligned} & \text { Sweet Chilli Chicken } \\ & \text { Salad Box } \end{aligned}$ |  | ${ }^{\text {Itread }}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Pulled Chicken Italian Pasta box |  | rovide ef pasta |  |  |  |  | $\underbrace{}_{\substack{\text { neneese can } \\ \text { sene without }}}$ |  |  |  |  |  |  |  |
| Savoury Cheese <br> salad Box |  | titread |  | ve witout |  |  | Napenise Can |  | Nateren |  |  |  |  |  |
| Five Bean Salad |  | nflibicead |  |  |  |  |  |  |  |  |  |  |  |  |

## ALLERGEN CONTENT MATRIX for HOT \& COLD OCT 2020

| Other <br> food items | $\frac{V}{2}$ |  |  | $\sqrt{\infty}$ | $\mathrm{EmIN}^{\circ}$ |  |  |  | wismod |  | $\stackrel{0}{8}$ |  | $0_{0}^{88}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Allergens | Celery | Cereals containing gluten** | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Vegetable Cous Cous Salad (v) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread Items |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10" Baguette halved or Primary Schools |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wraps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flatbread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kingsmill 50/50 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Snack Food Items |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholesum Crisps/Burts (Contain pea protein) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ (No Allergies) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chilli (No Allergies) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cream and Chive |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lightly salted Salt (No Allergies) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salt \& Vinegar (One Allergen) |  | arev/Gliten |  |  |  |  |  |  |  |  |  |  |  |  |
| Pop oats crisps; |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

## ALLERGEN CONTENT MATRIX for HOT \& COLD OCT 2020

| Barbecue BBQ (No allergies) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Sour Cream |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salt \& Vinegar (No allergies) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Propercorn <br> Sweetcorn <br> (No allergies) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Raisins (no allergens) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dairy Products |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mueller Yoghurts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yazoo Milk |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

