SOUP
ALLERGEN CONTENT MATRIX

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Lentil Soup	May Contain													
Potato and Leek Soup	May Contain													
Chicken Noodle Soup	May Contain	Spaghetti and noodles contain wheat. Can use G/F		If using noodles		If using G/F pasta							If using G/F pasta	
Tomato Soup	May Contain													
Minestrone Soup	In soup	In Pasta				If using G/F pasta							If using G/F pasta	
Cauliflower Cheese Soup	May Contain						In cheese							
Butternut and Tomato Soup	May Contain						If using quark							
Chicken and Rice Soup	May Contain													

Meat Dishes

Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Beef Chow Mein														
BBQ Chicken Burger		In burger bun												
Chicken Paella														
Chicken Gyro		In Wrap												
Cumberland Pie														
Chicken Korma		In Naan Bread												
Pasta Bolognese		In Pasta												
Gammon Steak														
Filled Hot Dog		In hotdog bun												
Fish Finger Sandwich		In Bread												
Fish and Chips														

Vegetarian and Vegan
Allergen Content Matrix

	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pasta Neapolitan														
Quorn chow Mein				In Quorn Pieces										
Mac and Cheese														
Quorn Chinese Curry				In Quorn Pieces										
Vegan Sausage Roll														
Vegetable Chilli														
Quorn Mince and Mash, with Cheesy Top														
Quorn Bangers and Mash														
Sweet Potato and Chickpea Curry														
Pasta Arriabbata														
Ratatouille														
Quorn Vegan Fillet														
Quorn Dippers														

Gluten Free
Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Gluten Free Pizza														
One Pot Chicken meatballs and rice bowl														
Gluten Free Mac and Cheese														
Chinese Chicken Curry														
Bubble Fish														
Cumberland Pie														
Chicken Korma														
Fish Finger Sandwich														
Pasta Bolognese														
Gammon Steak														
Fill Hot Dog				In roll				In roll						

Halal

Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Cheese Pizza														
Beef Chow Mein														
BBQ Chicken Burger												May Contain		
Chicken Paella														
Fish and Chips														
Omelette														
Chicken Gyro														
Cumberland Pie														
Chicken Korma														
Fish Finger Sandwich														

Dairy Free

Allergen Content Matrix (page 1)

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pasta Neapolitan														
Vegetable Chow Mein														
Mac and Cheese														
Vegetable Chinese Curry														
Fishless Fingers														
Vegan Cheese/ Chicken Sandwich with dairy free spread														
Baked Potato with Vegan Cheese and Beans														
Vegan Sausage Rolls														
Gluten free pizza with vegan cheese														
Quorn Beef and Mash with vegan cheese top														

Dairy Free

Allergen Content Matrix (page 2)

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Quorn Bangers and Mash														
Sweet Potato and Chickpea Curry														
Quorn Dippers														
Ratatouille Pasta														
Quorn Vegan Fillet														
Vegan Hotdog														

Light Options
Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Cheese Sandwich		■					■							
Tuna Sandwich		■		■	■		■		■					
Chicken Sandwich		■					■							
Baked Potato Beans and Cheese							■							
Baked Potato Tuna and Cheese							■		■					
Baked Potato Cheese Savoury				■			■		■					
Baked Potato Cheese and Coleslaw				■			■		■					
Vegan Sausage Roll		■												

Sides
Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
50/50 Bread														
Pasta														
Gluten Free Pasta														
Gluten Free Bread														
Gluten Free Rolls				May Contain				May Contain						
Gluten Free Tortilla														
Baguettes												May Contain		
Soya Yoghurts														
Soya Milk														
Gravy														

Sweets and Snacks
Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Raisins														
Healthy Balance Yoghurt														
Viva flavoured Milk														
Ice Cream														
Jelly														