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													

Fish Dishes
Allergen Content Matrix

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Breaded Fish and Chips		In breadcrumbs												
Salmon Fish Finger wrap with Chips		In wrap												
Cod Dog		In bun												
Bubble Fish Fillet														

Main Meals

Allergen Content Matrix (page 1)

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Beef Bolognese	May Contain	In pasta				If using G/F pasta							If using G/F pasta	
Chicken Meatballs With Spaghetti In Tomato And Herb Sauce		In pasta				If using G/F pasta							If using G/F pasta	
Spanish Chicken	May Contain													
Chinese Chicken Curry	May Contain													
Chicken and Leek Pie	May Contain	In sauce					In sauce							
Scottish Steak Pie	May Contain	In pastry					If brushing with milk							
Chicken Breast Pasta in Tomato Sauce		In Pasta												
Chicken Casserole	May Contain													
Mince and Gravy	May Contain													
Cheeseburger		In bun and burger					In cheese							In primary school
Beef Mince Chilli Bowl	May Contain	In the nachos				If with cheese								
Omelette Tray Bake				In omelette			In cheese							

Main Meals

Allergen Content Matrix (page 2)

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Omelette tray bake				In omelette			In Cheese							
Quorn One Pot vegetable Rice Bowl				In Quorn Pieces (may contain stock)			May contain Stock		May contain Stock				May contain Stock	
Quorn Dipper Wrap		In Wrap and dippers		In Coleslaw										
Rainbow Noodle Stir Fry													In Miso Base	

Vegetarian and Vegan
Allergen Content Matrix (page 1)

	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Vegan sausage roll with chips and peas		In sausage roll		If brushing with egg			If brushing with milk							
Vegan Quorn Burger		In vegan fillet. Barley and Wheat							In Burger					
Macaroni Cheese		Wheat in pasta. Can provide G/F pasta.				Contains if using G/F Pasta	In Cheese						Is using G/F Pasta	
Pizza							In Cheese							
Tomato and Cheese Penne	May Contain	In Pasta				Contains if using G/F Pasta	In cheese						If using G/F Pasta & Garlic bread	
Baked Potato														
Neapolitan Sauce with Pasta	May Contain	Can provide G/F pasta In garlic bread				Contains if using G/F Pasta	If serving with cheese or garlic bread						If using G/F Pasta & Garlic bread	
Vegetable Goujons	In goujon and if using dip	Wheat in Veg Goujons					If using dip							
Quorn Mince Spaghetti Bolognese	May Contain	Barley and Wheat		In Quorn Mince		If using G/F Pasta							If Using G/F spaghetti	
Gluten Free Pizza							In cheese							

Vegetarian and Vegan
Allergen Content Matrix (page 2)

	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Vegan Meatball with spaghetti and tomato sauce salad	May Contain	wheat in pasta				If Using G/F spaghetti							If Using G/F spaghetti and in meatballls	
Seasonal Vegetable Pie in a white sauce	May Contain	In sauce					In sauce and if brushing with milk							
Quorn Shepherdless Pie	May Contain	Gluten Free Barley		Quorn Mince			In mash						In Quorn	
Vegan Sausage hot dog		In Bun												
3 Bean Chiili	May contain	In nachos				If with cheese								
Mediterranean Vegetable Bake	May Contain	In pasta				If Using G/F spaghetti	If using cheese quark						If Using G/F spaghetti	
Chinese Chickpea Curry	May contain													
Vegan Quorn Fillet in a Mushroom Sauce	May Contain	In fillet and sauce					In sauce							
Vegan Quorn Fillet, Veg Gravy and stuffing with seasonal Vegetables	May Contain	In fillet and stuffing												

Sides and Vegetables

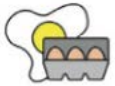
Allergen Content Matrix (Page 1)

	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Garlic Bread														
Rice/Savoury rice	May contain in savoury rice													
Pasta														
Gluten Free Pasta														
Roast potatoes														
Cubed Potatoes														
Chips														
Steamed Cabbage														
Swede														
Sweetcorn														
Broccoli														
Peas														

Sides and Vegetables
Allergen Content Matrix (Page 2)

	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Italian Roasted Vegetables														
Breaded rolls		Wheat in roll												
Carrot & Cucumber														
Beans														
Tuna				In mayo					In mayo					
Cheese														
Coleslaw				In mayo					In mayo					
Green Salad														

Sandwiches
Allergen Content Matrix

														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
50/50 Kingsmill													In bread	
Tuna				In mayo					In mayo					
Cheese														
Chicken														

Sweets And Snacks
Allergen Content Matrix

	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Jelly														
Raisin														
Pop Oats							In sour cream							
Yoghurt														
Viva flavoured Milk														