

Allergen Matrix

Week 3

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Berry Banana smoothie pot					 Oats (Wheat*)									
Blackberry and apple flapjack crumble					 Oats (Wheat*)									
Chocolate orange muffin					 Spelt, Wheat									
Cottage pie														
Glazed roast Gammon														
Lightly spiced bean taco					 (Spelt*)									
Mixed bean and vegetable hot pot														
Mixed fruit salad														
Mushroom and lentil ragu					 Wheat									
Oven baked mini fish fillet					 Spelt, Wheat									

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Peach and raspberry cobbler					 <i>Spelt, Wheat</i>									
Pork meatballs in a tomato and herb sauce					 <i>Spelt, Wheat</i>									
Ratatouille pasta bake					 <i>Oats, Wheat</i>									
Vegetable and chickpea fajita					 <i>Wheat (Spelt*)</i>									
Vegetarian bean burger					 <i>Oats, Spelt, Wheat</i>									