Allergen Matrix

Week 1

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Apple and raisin flapjack					✓ *Oats (Wheat*)*									
Baked fish, wedges and salad				✓	✓ *Wheat*		✓							
Cauliflower and Chickpea curry and rice	✓													
Chicken Balti and rice	✓													
Chicken chow mein					✓ *Spelt, Wheat*									✓
Chocolate and raspberry sponge cake			✓		✓ *Wheat*									?
Five bean chilli and rice														
Frittata, wedges and salad			✓				✓							
Hearty vegetable crumble - roast					✓ *Oats, Wheat*		✓						✓	?
Mexican Beef Chilli and Rice														

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Mixed fruit salad														
Pear & Blackberry Crumble (50% Fruit-Based)					✓ *Oats, Wheat*									?
Pulled beef in onion gravy													✓	
Sweet and sour vegetable noodles					✓ *Spelt, Wheat*								✓	✓
Yoghurt and fruit crunch pot					✓ *Oats (Wheat*)*		✓							

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? May contain ✓ Does contain

*Allergens in brackets are a May Contain.