Morning Break

Dishes containing any of the 14 common allergens are noted in this matrix. List your menu dishes in the left hand column then tick the appropriate box if any of the listed allergens is present in the dish. If a manufacturerd items notes "May Contain" for any ingredient, this must be marked as "May Contain" on this matrix. Also add "May Contain" if there potential for cross contamination of an ingredient during the preparation/cooking process (ie. contamination in the fryers - milk if frying halloumi, fish is frying fish, gluten etc). Note - if a product is noted as "May Contain" it is NOT suitable for a person with that allergy.

Dish	Celery	Cereals - Note which cereals	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts - Note which nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
sausage bap		gluten											x	x
bacon bap		gluten											x	x
sausage roll	x	wheat		m			m		m					
wrights sausage rolls		wheat					x						x	x
waffle		gluten		x									x	
pain au choc		gluten		x			x						x	
croissant		gluten		x			x							
bread roll		gluten												
bagels		gluten												
breakfast wrap		gluten					x						x	x
breakfast slice	x	gluten					x						x	x
pancakes				x			x							
Hash Brown														
english breakfast muffin		gluten					x						x	x
iced fingers		wheat											x	
cheese on toast		wheat					x						x	
nachos cheese & salsa							x						x	
cinnamon swirl		wheat											x	x
cinnamon toast		Gluten												

Grab & Go

Dish	Celery	Cereals - Note which cereals	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts - Note which nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
cajun chicken flatbread		gluten												
maple thigh in brioche bun		gluten		x			x						m	
mini fillet s/f wrap	x	gluten												
tikka thigh in folded naan bread		gluten												
fajita in pitta bread		gluten												
battered chicken burger	x	gluten												
popcorn chiken/mini fillet	x	gluten					m		m				m	m
bbq thigh in wrap		gluten												
meaty pizza		gluten					x							
tomato pizza		gluten					x							
tomato Pasta Pot		gluten												
Chicken Pasta Pot		gluten												

Week 1 Menu

Dish	Celery	Cereals - Note which cereals	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts - Note which nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
battered fish		gluten			x								x	x
battered sausage		gluten			x								x	x
baked beans														
vegan dippers		gluten												
chips		gluten			x								x	x
syrup sponge		gluten		x										
custard							x							
thai chicken green curry														
thai green chickpea curry														
coconut & lime rice														
noodles		gluten		x										
bread & butter pudding		gluten		x			x							
roast pork														
sage & onion stuffing		gluten												
gravy														
yorkshire pudding		gluten		x			x							
roast pots														
cauliflower cheese		gluten					x							
carrots														
sticky toffee pudding		gluten		x			x							
piri piri chicken														
rice														
peas														
sweetcorn														
potato croquette		gluten												
jam roly poly		gluten												
s/f chicken burger	x	gluten											x	x
vegan style no meat burger		gluten												
wedges		gluten												
coleslaw				x										
bbq beans														
cream cake		gluten					milk							
jacket potato														
cheese							x							
tuna mayo				x	x									
baked beans														

Week 2 Menu

Dish	Celery	Cereals - Note which cereals	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts - Note which nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
fish finger butty		gluten			x									
cheese & tomato pizza		gluten					x							
chips		Gluten			x									
baked beans														
mushy peas														
chocolate pudding		gluten		x			x							
custard							x							
new york chicken		Barley			x		x							
new york no chicken		Barley					x							
corn bread		gluten		x			x							
corn on cob														
roasted wedges														
school cake		gluten		x										
roast gammon														
yorkshire pudding		gluten		x			x							
gravy														
veggie hotpot														
roast pots														
cabbbage														
carrots														
sticky toffee pudding		gluten		x			x							
beef chilli nachos														
mac n cheese		gluten					x							
rice														
salsa														
sour cream							x							
jaffa cake		gluten		x										
panko mini fillet		gluten												
curried cauliflower														
baked beans														
wedges		gluten												
coleslaw				x			x							
cream cake		gluten		x			x							
jacket potato														
cheese							x							
tuna mayo				x	x									
baked beans														
popcorn chicken	m	gluten					m		m					m

Week 3 Menu

Dish	Celery	Cereals - Note which cereals	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts - Note which nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
battered fish		gluten			x								x	x
battered sausage		gluten			x								x	x
plant fish finger		gluten											x	
chips					x								x	x
baked beans														
mushy peas														
chocolate brownie		gluten		x			x							
cream							x							
chicken tikka pathia														
aubergine curry														
bhaji														
naan bread		gluten												x
mushroom rice														
caramel crumble		gluten												
custard		gluten					x							
gammon														
cauliflower & broccoli bake		gluten					x							
roast pots														
broccoli														
red cabbbage		barley												
yorkshire pudding		gluten		x			x							
rice pudding							x							
pork sausage & gravy		gluten											x	x
quorn sausage & gravy		gluten												x
mash														
peas														
sticky toffee pudding		gluten		x			x							
battered chicken burger	x	wheat												
falafel & spinach burger		wheat												x
wedges		gluten												
sweetcorn														
homemade slaw				x										
cream cake		gluten		x			x							
jacket potato														
cheese							x							
baked beans														
tuna mayo				x	x									