



Week 1 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Macaroni Cheese														
Veggie Bean Wrap														
Crispy Bread														
Sweetcorn														
Rainbow Vegetable Sticks														
Apple Flapjack														
Yoghurt														
Fresh Fruit														
Week 1 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Chilli con Carne														
Quorn Chilli con Carne														
Jacket Potato														
Salad Bar														
Peas														
Ice Cream														
Frozen Yogurt														
Yoghurt														
Fresh Fruit														
Week 1 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Chicken Fillet														
Gravy														
Veggie Toad-in-the-hole														
Roast Potatoes														
Spring Greens														
Baton Carrots														
Sponge Cake														
Jam														
Yoghurt														
Fresh Fruit														
Week 1 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Wholemeal Spaghetti Carbonara														
Wholemeal Pasta Milanaise														
Sweetcorn														
Fresh Broccoli Florets														
Peach & Apple Crumble														
Custard														
Yoghurt														
Fresh Fruit														
Week 1 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Cod or Salmon Fish Fingers														
Cheese & Tomato Quiche														
Chips														
Baked Beans														
Peas														
Biscuit Choice														
Yoghurt														
Fresh Fruit														

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Week 2 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Margherita Pizza														
Ham & Pepper Pizza														
Potato Wedges														
Peas														
Mousse with Fruit Slices														
Yoghurt														
Fresh Fruit														
Week 2 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Lasagne Bake														
Quorn Milanese														
Sweetcorn														
Broccoli														
Iced Sponge Finger														
Yoghurt														
Fresh Fruit														
Week 2 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Chicken & Gravy														
Quorn Fillet & Gravy														
Roast Potatoes														
Sliced Carrots														
Green Beans														
Custard														
Fruit Shortcake														
Yoghurt														
Fresh Fruit														
Week 2 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Sausages														
Cheesy Whirls														
Creamed Potatoes														
Green Cabbage														
Peas														
Chocolate Crispy Cake														
Yoghurt														
Fresh Fruit														
Week 2 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Fish														
BBQ Quorn Wrap														
Chips														
Baked Beans														
Coleslaw														
Biscuit Choice														
Yoghurt														
Fresh Fruit														

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Allergen Matrix Week 3



Week 3 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Beef Mince Bolognese & Pasta														
Veggie Pasta														
Garlic Bread Slice														
Carrot, Pea & Sweetcorn Mix														
Shortbread														
Yoghurt														
Fresh Fruit														
Week 3 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Sausage Roll														
Spanish Omelette														
Creamed Potatoes														
Fresh Broccoli Florets														
Baked Beans														
Jelly & Peaches														
Yoghurt														
Fresh Fruit														
Week 3 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Molluscs	Peanuts	Sesame	Soya	Sulphur D
Roast Chicken & Stuffing														
Gravy														
Vegetarian Wellington														
Roast Potatoes														
Cauliflower														
Carrots														
Apple Sponge														
Custard														
Yoghurt														
Fresh Fruit														
Week 3 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Molluscs	Peanuts	Sesame	Soya	Sulphur D
BBQ Chicken														
Quorn Burger														
Rice														
Rainbow Vegetable Sticks														
Sweetcorn														
Cheese & Crackers														
Yoghurt														
Fresh Fruit														
Week 3 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Egg	Sesame	Soya	Sulphur D
Battered White Fish														
Stuffed Moroccan Pitta Bread														
Chips														
Baked Beans														
Peas														
Biscuit Choice														
Yoghurt														
Fresh Fruit														

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