Allergen matrix week 1

Monday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Carrots (High)														
Lentil Soup Ren (High)	✓													
Mixed salad														
Pasta in a Herby Tomato Sauce					✓ Wheat		✓							?
Quorn Katsu Curry with Boiled Rice					✓ Wheat									✓
Wholemeal bread					✓ Wheat									

Tuesday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Broccoli														
Mac & Cheese (High) with crusty bread					✓ Barley, Wheat		✓					?		
Mixed salad														
Reduced sugar yoghurt							✓							
Salmon fish cake and new potatoes EDI				✓	✓ Wheat									
Tomato Soup	✓													
Wholemeal Bread Rolls					✓ Wheat									

Wednesday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Bean & Veg Chilli & Rice					✓ Wheat									
Green Beans high														
Leek & Potato Soup (high)	✓													
Mixed salad														
Reduced sugar yoghurt							✓							
Sweet chilli chicken & rice														
Wholemeal bread					✓ Wheat									

Thursday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Butcher's Pork sausage, mash & green beans													✓	
Italian Spicy Pasta					✓ Wheat									
Lentil Soup Ren (High)														
Mixed salad														
Peas (High)														
Reduced sugar yoghurt							✓							
Wholemeal bread					✓ Wheat									

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Friday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Baked Beans (High)														
Cajun carrot & pepper soup													✓	
Fish & Chips (High)				✓	✓ *Wheat*									
Mixed salad														
Reduced sugar yoghurt							✓							
VEGAN SAUSAGE ROLL WITH CHIPS					✓ *Barley, Wheat*		?							✓
Wholemeal bread					✓ *Wheat*									

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? May contain ✓ Does contain

*Allergens in brackets are a May Contain.

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