Allergen matrix week 3

Monday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Broccoli & cauliflower bake (high)					Wheat		✓							
crusty bread					Barley, Wheat							?		
Leek & Potato Soup (high)	✓													
Mac & Cheese with Garlic Bread					Wheat		✓							?
Mixed salad														
Reduced sugar yoghurt							✓							
Sweetcorn (High)														

Tuesday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Broccoli(High)														
Carrot Soup													✓	
crusty bread					Barley, Wheat							?		
Mixed salad														
Reduced sugar yoghurt							✓							
Spanish chicken with crispy diced potato					Wheat									
Sweet & Sour Oriental Vegetables with Noodles			✓		Wheat									

Wednesday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
crusty bread					Barley, Wheat							?		
Lentil Soup Ren (High)	✓													
Mixed salad														
Mixed Vegetables														
Reduced sugar yoghurt							✓							
Salt and chilli wedges with chicken curry									✓					
Tomato&Basil Pasta with Garlic Bread					Wheat		✓							?

Thursday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Cajun carrot & pepper soup													✓	
Creamy Broccoli Pasta	✓				Wheat		✓							?
crusty bread					Barley, Wheat							?		
Mixed salad														
Pepperoni pizza with Potato Wedges					Wheat		✓							
Reduced sugar yoghurt							✓							
Swede high														

Friday

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
crusty bread					✓ Barley, Wheat							?		
Fish & Chips (High)				✓	✓ Wheat									
Minestrone Soup					✓ Wheat								✓	
Mixed salad														
Peas (High)														
Reduced sugar yoghurt							✓							
Vegetarian Meatball Marinara Sub					✓ Barley, Wheat		✓					?		✓

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? May contain ✓ Does contain

GENERAL