

ALLERGY MATRIX

Daily Menu

Dishes	 Celery	 Gluten	 Crustacea	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustards	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphites
Jacket Potato														
Cheese							X							
Tuna (V) Mayo (VE)					X									
Beans														
Cold Packed Lunch														
Deli Roll		W										MC		
Margarine (Ve)														
Ham														
Cheese							X							
Tuna (V) Mayo (VE)					X									
Carrot & Cucumber Sticks														
Tortillas													MC	
Dessert of the Day see the main menu														
Orange Carton														
Apple Carton														
Forest Fruits Carton														

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Week 3 Monday

Dishes	 Celery	 Gluten	 Crustacea	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustards	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphites
Minced Beef														
Veggie Mince													X	
Bolognese sauce														
Tinned Tomatoes														
Onion														
Tomato paste														
Carrots														
Vegetable Stock		W												
Basil														
Spaghetti		W												
Garlic Bread		W					MC							
Sweetcorn														
Yoghurt							X							
Strawberry														
Raspberry														
Mango & Vanilla														

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Week 3 Tuesday – KS1

Dishes



Sausage Roll		W/B		X			MC							
Veggie Roll		W												
Mashed Potato							X							
Margarine (Ve)														
Baked Beans														
Flapjack														
Oats		O												
Caster Sugar														
Syrup														
Margarine (Ve)														

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Week 3 Wednesday

Dishes



Creamy Carbonara														
Bacon														
Pasta		W												
Carbonara Sauce														
Milk							X							
Plain Flour		W											MC	
Cheese							X							
Onion														
Baguette Slice		W										MC		
Mixed Vegetables														
Fruit Platter														
Oranges														
Apples														
Bananas														
Watermelon														
Honeydew Melon														

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Week 3 Thursday

Dishes



Roast Turkey														
Roasted Herby Quorn Fillet		W												X
Roast Potatoes														
Yorkshire Pudding		W		X			X							
Seasonal Vegetables														
Gravy														
Vanilla Ice Cream							X							

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Week 3 Friday

Dishes



Fish Fingers		W			X								X	
Veggie Fingers		W												
Chips														
Peas														
Tomato Ketchup														
Iced Sponge														
Margarine (Ve)														
Caster Sugar														
Eggs				X										
Self Raising Flour		W											MC	
Icing Sugar														
Sugar Strands														

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