



Menu Item Allergen Matrix

Menu item	Celery	Crustaceans	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soybeans	Suphur dioxide
Cheese and Onion Pasty	×	×	×	×	✓	×	✓	×	×	✓	×	×	×	×
Cheese and Tomato Pizza	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Cheese Salad with Coleslaw	×	×	✓	×	×	×	✓	×	✓	✓	×	×	×	×
Chicken and Orzo Pasta with Salad	✓	×	✓	×	✓	×	✓	×	✓	×	×	✓	✓	×
Chicken Curry	×	×	×	×	×	×	✓	×	✓	×	×	×	×	×
Chicken Pie	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Chicken Salad Sandwich	×	×	×	×	✓	×	×	×	×	×	×	×	✓	×
Chicken Tikka and Rice	×	×	×	×	×	×	✓	×	×	×	×	×	×	×
Chilli Con Carne and Rice	×	×	×	×	×	×	×	×	×	×	×	×	×	×
Chocolate Chip Cookies	×	×	✓	×	✓	×	✓	×	×	×	×	×	✓	✓
Crispy Meat Flan	✓	×	×	×	✓	×	✓	×	×	×	×	×	×	×



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Egg and Watercress Sandwich	×	×	✓	×	✓	×	×	×	✓	×	×	×	✓	×
Fish and Chips	×	×	×	✓	✓	×	×	×	×	×	×	×	×	×
Flapjack	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Flapjack with Cranberries	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Ham Salad Baguette	×	×	×	×	✓ Wheat	×	×	×	×	×	×	✓	×	×
Houmous with Crudites and Wholemeal pitta bread	×	×	×	×	✓	×	×	×	×	×	×	✓	×	×
Iced Bun	×	×	×	×	✓	×	×	×	×	×	×	✓	×	×
Jacket Potato with Beans	×	×	×	×	×	×	×	×	×	×	×	×	×	×
Jacket Potato with Cheese	×	×	×	×	×	×	✓	×	×	×	×	×	×	×
Jacket Potato with Tuna	✓	✓	✓	✓	✓	×	✓	×	✓	×	×	✓	✓	×
Lasagne	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×



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Macaroni Cheese	×	×	×	×	✓	×	✓	×	✓	×	×	×	×	×
Meatballs and Pasta	×	×	✓	×	✓	×	×	×	×	×	×	×	×	×
Millionaires Shortbread	×	×	×	×	✓	×	✓	×	×	×	×	×	✓	✓
Mince and Onion Pie	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Oat Cookies	×	×	×	×	✓	×	✓	×	×	×	×	×	×	✓
Panini	×	×	×	×	✓	×	×	×	×	×	×	×	×	×
Panini cheese and ham	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Panini Chicken Bacon & Sweetcorn	×	×	✓	×	✓	×	×	×	×	×	×	×	×	×
Panini Tuna and Cheese	✓	✓	✓	✓	✓	×	✓	×	✓	×	×	✓	✓	×
Pasta Bake	×	×	×	×	✓	×	✓	×	×	×	×	×	×	×
Sausage Roll	×	×	×	×	✓	×	×	×	×	✓	×	×	×	✓

