DISHES AND THEIR ALLERGEN CONTENT St Peters AW26/27 - Week 1

✓ Contains *✓ May Contain Traces Of

This allergen matrix refers to all the menus. *✓ where a product specification states (may contain) for an allergen, for our Special Diet procedures we will class this as if it is in the product.

Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Alpro Vanilla Soya Dessert	Mon	125g	17.80g													✓	
Cucumber, Red Onion & Tomato Salsa	Mon	11g	0.60g														
Freshly Cut Fruit	Mon	79g	11.40g														
Organic Fruit Yoghurt	Mon	80g	8.50g							✓							
Spinach, Potato, Chickpea & Coconut Curry	Mon	191g	16.30g														✓
Wholemeal Pitta Bread Slices	Mon	30g	14.20g		✓												
Wholemeal Rice	Mon	94g	22.90g														
Cajun Chicken Pasta Bake	Tue	179g	41.10g		✓					✓							✓
Cajun Lentil & Tomato Pasta Bake	Tue	125g	37.20g		✓					✓							
Custard No Added Sugar	Tue	67g	6.80g							✓							
Freshly Cut Fruit	Tue	79g	11.40g														
Herby Bread	Tue	31g	13.00g		✓												
Organic Fruit Yoghurt	Tue	80g	8.50g							✓							
Pea & Sweetcorn Medley	Tue	75g	11.50g														
Syrup Sponge	Tue	81g	36.80g		✓		✓			✓						*✓	
Freshly Cut Fruit	Wed	79g	11.40g														
Gravy (Vegan)	Wed	76g	5.50g														
Lentil Roasted Loaf	Wed	167g	52.90g		✓											✓	✓
Organic Fruit Yoghurt	Wed	80g	8.50g							✓							
Roast Chicken Thigh	Wed	156g	1.30g														
Roast Potatoes	Wed	138g	15.60g														
Roasted Vegetables	Wed	90g	7.80g														
Carrots	Thu	52g	4.00g														
Chilli Beef	Thu	151g	8.60g		✓											*✓	
Freshly Cut Fruit	Thu	79g	11.40g														
Gravy (Vegan)	Thu	76g	5.50g														

Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Organic Fruit Yoghurt	Thu	80g	8.50g							✓							
Planet Friendly Cottage Pie	Thu	157g	19.10g	✓													
R/S Lemon Drizzle Cake	Thu	94g	36.30g		✓		✓			✓						*✓	
Shredded Cabbage	Thu	55g	2.30g														
Cheese & Potato Whirl	Fri	138g	12.80g		✓				*✓	✓		✓				*✓	
Freshly Cut Fruit	Fri	79g	11.40g														
MSC Battered Fish	Fri	60g	10.40g		✓			✓									
Organic Fruit Yoghurt	Fri	80g	8.50g							✓							
Oven Chips	Fri	156g	35.80g														
Peas	Fri	75g	6.40g														
Vanilla Shortbread Biscuit	Fri	63g	34.80g		✓											*✓	

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DISHES AND THEIR ALLERGEN CONTENT St Peters AW26/27 - Week 2

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Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Alpro Vanilla Soya Dessert	Mon	125g	17.80g													✓	
Cauliflower	Mon	42g	1.80g														
Fragrant Rice	Mon	223g	50.80g														
Freshly Cut Fruit	Mon	79g	11.40g														
Naan Bread	Mon	65g	33.00g		✓												
Organic Fruit Yoghurt	Mon	80g	8.50g							✓							
Sweet Potato & Lentil Curry	Mon	170g	29.30g														✓
BBQ Chicken Mac & Cheese	Tue	385g	82.20g		✓					✓						*✓	
BBQ Chickpea Mac & Cheese	Tue	261g	58.10g		✓					✓						*✓	
Freshly Cut Fruit	Tue	79g	11.40g														
Garlic Bread	Tue	28g	13.00g		✓												
Honey Roasted Carrots	Tue	103g	8.40g														
Oaty Blueberry Muffins	Tue	78g	30.20g		✓		✓			✓						*✓	✓
Organic Fruit Yoghurt	Tue	80g	8.50g							✓							
Chicken Korma	Wed	151g	6.00g														✓
Freshly Cut Fruit	Wed	79g	11.40g														
Garlic Roasted Green Beans	Wed	58g	2.90g														
Organic Fruit Yoghurt	Wed	80g	8.50g							✓							
Savoury Vegetable Rice	Wed	121g	26.40g														
Smokey Vegetable Lentil Casserole	Wed	147g	17.10g	✓													
Apple Crumble	Thu	133g	39.90g		✓											*✓	
Ashlyns Beef Burger in a Bun	Thu	140g	27.80g		✓										*✓		✓
Baked Beans	Thu	87g	11.20g														
Cream	Thu	15g	0.50g							✓							
Freshly Cut Fruit	Thu	79g	11.40g														
Organic Fruit Yoghurt	Thu	80g	8.50g							✓							
Quorn Burger in a Bun	Thu	56g	27.80g		✓		✓			✓					*✓		

Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Seasoned Wedges Frozen	Thu	156g	35.30g														
Choc Chip Shortbread	Fri	61g	32.90g		✓					✓						✓	
Freshly Cut Fruit	Fri	79g	11.40g														
MSC Fish Fingers	Fri	75g	16.00g		✓			✓									
Omega 3 Salmon Fish Cake	Fri	50g	11.40g		✓			✓									
Organic Fruit Yoghurt	Fri	80g	8.50g							✓							
Oven Chips	Fri	156g	35.80g														
Pea & Sweetcorn Medley	Fri	75g	11.50g														
Plant Based Fish Fish Fingers	Fri	60g	11.90g		✓											✓	

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DISHES AND THEIR ALLERGEN CONTENT St Peters AW26/27 - Week 3

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Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Alpro Vanilla Soya Dessert	Mon	125g	17.80g													✓	
Cheese & Tomato Pizza 12" Thin	Mon	105g	20.80g		✓					✓							
Freshly Cut Fruit	Mon	79g	11.40g														
Mixed Salad	Mon	72g	2.30g														
Organic Fruit Yoghurt	Mon	80g	8.50g							✓							
Red Onion, Sweetcorn & Roasted Chickpea Pizza 12" Thin	Mon	70g	20.60g		✓												
Seasoned Wedges Frozen	Mon	156g	35.30g														
Apple & Cinnamon Puree	Tue	16g	3.40g														
Chicken Sausage (F/A) - 6's	Tue	75g	8.20g		✓												✓
Freshly Cut Fruit	Tue	79g	11.40g														
Gravy (Vegan)	Tue	76g	5.50g														
Organic Fruit Yoghurt	Tue	80g	8.50g							✓							
Quorn Vegan Sausage	Tue	50g	2.90g		✓												
Rice Pudding	Tue	193g	37.50g							✓							
Roasted Vegetables	Tue	90g	7.80g														
Steamed Potatoes	Tue	130g	16.20g														
Broccoli	Wed	31g	1.00g														
Freshly Cut Fruit	Wed	79g	11.40g														
Organic Fruit Yoghurt	Wed	80g	8.50g							✓							
Pasta Shells	Wed	56g	41.20g		✓												
Roasted Vegetable & Lentil Bolognaise	Wed	116g	14.90g														
Tuscan Cream Chicken with Sun-Dried Tomato Pasta Shells	Wed	205g	46.90g		✓					✓							
Beef Chilli Con Carne	Thu	181g	7.70g														
Chilli Non Carne	Thu	181g	9.00g		✓		✓										

Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Freshly Cut Fruit	Thu	79g	11.40g														
Garlic Roasted Green Beans	Thu	58g	2.90g														
Jam & Coconut Slice	Thu	115g	52.30g		✓		✓									*✓	
Organic Fruit Yoghurt	Thu	80g	8.50g							✓							
Sour Cream	Thu	0g	0.00g														
Vegan Sour Cream	Thu	15g	0.80g														
Wholemeal Rice	Thu	94g	22.90g														
Freshly Cut Fruit	Fri	79g	11.40g														
Ice Cream (Soft Scoop)	Fri	78g	14.50g							✓							
Mixed Bean & Vegetable Puff	Fri	83g	8.40g	✓	✓				*✓			*✓				*✓	
MSC Battered Fish	Fri	60g	10.40g		✓			✓									
Organic Fruit Yoghurt	Fri	80g	8.50g							✓							
Oven Chips	Fri	156g	35.80g														
Peas	Fri	75g	6.40g														
Rainbow Coleslaw - Vegan	Fri	131g	7.10g														

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INGREDIENTS AND THEIR ALLERGEN CONTENT St Peters AW26/27

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Ingredient	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Alpro Vanilla Soya Dessert													✓	
Apple Sauce														
Apples (Red)														
Apples (Solid Pack)														
Baked Beans - L/Salt, L/Sugar														
Baking Powder		✓												
Balsamic Vinegar														
Banana - Each														
Barbecue Sauce														
Battered Pollock MSC Fillet		✓			✓									
Beef - Mince														
Blueberries (Frozen)														
Bouillon Paste - Vegetable														
Breadcrumbs (White)		✓												
Breaded Pollock Fish Fingers MSC		✓			✓									
Broccoli - (per Kg)														
Burger - Beef 3oz		✓												✓
Burger Bun - Unseeded		✓										*✓		
Butternut Squash														
Buttery Spread (Vegan)														
Cabbage (Red)														
Cabbage (Savoy)														
Cabbage (White)														
Cajun Seasoning, Blackened														
Carrots														
Cauliflower														
Celery	✓													
Celery - Stalk	✓													
Cheddar Cheese - Mild (Ashlyns)							✓							
Cheddar Cheese - Mild, Grated (per Kg)							✓							
Cheddar Cheese - Mild, Grated, (Ashlyns)							✓							

Ingredient	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chick Peas														
Chicken - Diced 50/50 (per Kg)														
Chicken Thigh (F/A) - (Bone in/Skin on)														
Chilli (Red)														
Cinnamon Stick														
Coconut Milk														✓
Coriander (Fresh)														
Courgettes (Green) - Each														
Creme Fraiche							✓							
Cucumber														
Curry Powder - Mild														
Custard Mix Powder														
Dawn Phase Baking Fat														
Demerara Sugar														
Desiccated Coconut														
Double Cream UHT							✓							
Eggs (Free Range)				✓										
English Mustard		✓							✓					
Fennel Seeds														
Fine Whole Beans (Frozen)														
Five Bean Salad in Water														
Flour - Plain (16kg)		✓											*✓	
Flour- Plain (1.5kg)		✓											*✓	
Flour Self Raising 16Kg		✓											*✓	
Garden Peas (Frozen) - 2.5kg														
Garlic - Bulb														
Garlic Cloves (Fresh)														
Garlic Powder														
Golden Syrup														
Gravy (Vegan)														
Ground Black Pepper														
Ground Cardamon														
Ground Chilli Powder														
Ground Cinnamon														
Ground Coriander														

Ingredient	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Ground Cumin														
Ground Ginger														
Ground Turmeric														
Ice Cream - Chocolate							✓							
Ice Cream - Strawberry							✓							
Ice Cream - Vanilla							✓							
Lemon														
Lemon Juice														✓
Lentils - Red Split														
Lettuce (Iceberg)														
Lime Juice														✓
Limes (Fresh)														
Macaroni		✓												
Mango Chutney														
Margarine, Kerrymaid														
Mayonnaise (Vegan)														
Milk - Semi Skimmed							✓							
Milk Chocolate Drops		✓					✓						✓	
Mixed Herbs														
Mozzarella (Grated)							✓							
Mushrooms (Cup)														
Naan Bread (Mini)		✓												
No Fish Finger		✓											✓	
Olive Oil														
Onions (Red) - per Kg														
Onions (White) - per Kg														
Orange (Navel)														
Oregano (Dried)														
Organic Fruit Yoghurt							✓							
Oven Chips														
Parsley (Curly)														
Parsley (Flat Leaf)														
Pasta (Fusilli Spirals)		✓												

Ingredient	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pasta Shells		✓												
Pears														
Peppers (Green)														
Peppers (Red)														
Peppers (Yellow)														
Pitta Bread - Wholemeal		✓												
Pizza Base - Deep Pan 12"		✓												
Pizza Base - Thin Crust 12"		✓												
Porridge Oat Flakes		✓												
Potatoes (Jacket) 60's - Kg														
Potatoes (Washed Mids)														
Potatoes (Washed Whites)														
Pudding Rice														
Puff Pastry Sheets		✓				*✓			*✓				*✓	
Puff Pastry Squares		✓				*✓			*✓				*✓	
Pure Clear Honey														
Quorn Burgers		✓		✓			✓							
Quorn Mince		✓		✓										
Quorn Sausage (Vegan)		✓												
Red Kidney Beans														
Rice - Basmati														
Rice - Brown, Wholegrain Easy Cook														
Rice - Long Grain, Easy Cook														
Salmon Fish Cake		✓			✓									
Salt - Cooking														
Sausages - Chicken 6's		✓												✓
Skin On Seasoned Wedges														
Smoked Paprika														
Soy Sauce - Light													✓	
Spinach Leaves (Frozen)														
Strawberry Jam														
Sugar - Brown (Soft Light)														
Sugar - Caster (25kg)														

Ingredient	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sugar - Caster (2kg)														
Sugar - Granulated														
Sugar - Icing														
Sun Dried Tomatoes														
Sunflower Oil														
Sweet Paprika														
Sweet Potatoes														
Sweetcorn (Canned) - 2.1kg														
Sweetcorn (Frozen)														
Tap Water														
Thyme (Dried)														
Thyme (Fresh)														
Tomato Base Sauce (Ashlyns)														
Tomato Paste														
Tomato Puree														
Tomatoes (Cherry)														
Tomatoes (Chopped) - 2.5kg														
Tomatoes (Chopped) - 800g														
Tomatoes (Fresh) - Each														
Tomatoes (Fresh) - Kg														
Vanilla Essence														
Vegan Sour Cream														
Vegetable Oil														
Vegetable Stock														

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