

PRIMARY SUMMARY ALLERGY MATRIX April - November 2020		14 allergens listed under FSA:
SPRING SUMMER 2020		Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,
MENU ITEM/PRODUCT		Fish, Celery, Mustard, Soy/Soya, Lupin, Crustaceans,
WEEK 1		Molluscs, Sulphur Dioxide/Sulphites
Monday		
Pork Meatballs with Gravy (Chefs Pass Meaty Gravy NONE)	HOPWELLS	Sulphur Dioxide, Sulphites
Pizza Panini	HOPWELLS	Gluten, Milk, Sesame Seeds
Potato Swirls or	HOPWELLS	Celery, Gluten, Milk, Soybeans, SD
Duchess Potatoes	HOPWELLS	Celery, Gluten, Milk, Soybeans, SD/Sulphites
Sandwiches/Wrap		See Page 3
Seasonal Vegetables		None
Raspberry Ripple Ice Cream	HOPWELLS	Milk
Tuesday		
Spaghetti Bolognese & (Garlic Bread Gluten, Milk, Soybeans)	HOPWELLS	Celery, Eggs, Milk, Gluten, Soybeans
Cheddar Cheese & Onion Quiche	LIVESEY CHEESE	Eggs, Milk, Soya, Gluten
Jacket Potato		See Page 3
Seasonal Vegetables		None
Chocolate Surprise Cake		Eggs, Gluten, Milk
Custard		Milk
Wednesday		
Chicken Breast with Gravy	JB	None
Sweet Potato & Salmon Fishcake	HOPWELLS	Fish, Gluten, SD/Sulphites
Roast Potatoes		None
Sandwiches/Wrap		See Page 3
Seasonal Vegetables		None
Fruit Jelly & Peaches or		None
Rice Pudding with Raisins		Milk, SD
Thursday		
Pork Sausage & Onion Gravy	JB	Gluten/Sulphur Dioxide/Sulphites
Quorn & Vegetable Curry & Naan Bread	HOPWELLS	Naan: Gluten, Milk Curry: Eggs, Gluten, Celery, Milk, Mustard, SD
50:50 Rice		None
Mashed Potato		Milk
Jacket Potato		See Page 3
Seasonal Vegetables		None
Chocolate Cookie or Cook's Choice		Gluten, Eggs, Milk, SD
Friday		
Cod Fishfingers	HOPWELLS	Fish, Gluten
Home-made Pizza (v) Cheese & Tomato (Ham & Pineapple SD, Milk, Gluten, Soya, Eggs)		Milk, Gluten, Eggs, Soya
Sandwiches/Wrap		See Page 3
Chips		None
Peas; Sweetcorn		None
Fruit Yoghurt		Milk
Cheese & Crackers		Milk, Gluten
WEEK 2		
		Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,
		Fish, Celery, Mustard, Soy/Soya, Lupin, Crustaceans,
		Molluscs, Sulphur Dioxide/Sulphites
Monday		
Breaded Chicken Goujons, Ketchup	HOPWELLS	Eggs, Gluten, Milk, SD/Sulphites
Quorn Sausage in Boat (Pea Protein)	HOPWELLS	Gluten, Eggs, Milk
Sandwiches/Wrap		See Page 3
Herby Diced Potatoes (Gluten): Seasonal Vegetables (NONE)	HOPWELLS	Gluten
GF Donut	HOPWELLS	Eggs, Milk, Soybeans
Tuesday		
Chicken or Steak Pie	JB / HOPWELLS	Celery, Gluten, Milk Soya, Mustard, SD
Cheese & Tomato Quesadilla		Milk, Gluten
Mashed Potato		Milk
Jacket Potato		See Page 3
Seasonal Vegetables		None
Iced Lemon Sponge Cake		Gluten, Eggs, Milk
Custard		Milk
Wednesday		
Roasted Pork Loin & Gravy	JB	SD/Sulphites
Macaroni Cheese (v)		Celery, Eggs, Gluten, Milk
Roast Potatoes		None

Sandwiches/Wrap		See Page 3
Seasonal Vegetables		None
Fruit Jelly with Fruit Slices		None
Thursday		
Chicken with BBQ Sauce & Cheddar	JB/ LIVESEY CHEESE	Milk, Sulphites
Quorn Nuggets (v)	(Pea Protein & Potato Starch) HOPWELLS	Gluten
Jacket Potato		See Page 3
Rosti Potatoes		Celery, Gluten, Milk, Soybeans
Seasonal Vegetables		None
Homemade Muffin		Egg, Gluten, Milk, Soybeans
Friday		
Battered Fish	HOPWELLS	Milk, Gluten, Fish, Mustard
Home-made Pizza (v) Cheese & Tomato (Ham & Pineapple	SD,Milk,Gluten, Soya, Eggs)	Milk, Gluten, Eggs, Soya
Chips		None
Peas; Sweetcorn		None
Sandwiches/Wrap		See Page 3
Fresh Fruit Salad or Fruit Ice Lolly	HOPWELLS-LOLLY	None
WEEK 3		
14 allergens listed under FSA:		
Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,		
Fish, Celery, Mustard, Soy/Soya, Lupin, Crustaceans,		
Molluscs, Sulphur Dioxide/Sulphites		
Monday		
Beef Burger & Gravy	HOPWELLS	Gluten
Cheese & Tomato Pasta Bake (v)	LIVESEY - CHEESE	Celery, Eggs, Gluten, Milk
Sandwiches/Wrap		See Page 3
Herby Diced Potatoes (Gluten): Seasonal Vegetables (NONE)	HOPWELLS	Gluten
Mashed Potatoes		Milk
Seasonal Vegetables (NONE)		None
Frozen Strawberry Yoghurt	HOPWELLS	Milk
Tuesday		
Hot Dog in roll with Ketchup (pea and potato starch)		Soya
Omlette,Baked Beans & Sweet Potato Waffle or Hash Browns	HOPWELLS	Omlette: Eggs/Milk; Baked Beans: None; Sweet Pot: SD Only; Hash B: None
Jacket Potato		See Page 3
Seasonal Vegetables		None
Homemade Shortbread Biscuit		Gluten, Egg, Milk, Soybeans
Wednesday		
Roast Beef(pea protein), Yorkshire Pudding (Eggs) & Gravy	HOPWELLS	Eggs, Gluten, Milk, (Pea Protein)
Tuna Pannini (v)		Gluten, Milk, Fish, Sesame Seeds
Cheese Panini (v)		Gluten, Milk, Sesame Seeds
Roast Potatoes		None
Seasonal Vegetables		None
Sandwiches/Wrap		See Page 3
Fruit Salad or		None
Yoghurt		Milk
Thursday		
Chicken Curry, Naan Bread	HOPWELLS	Curry - Celery, Gluten, SD/Sulphates, Mustard. Naan - Gluten
50:50 Rice		None
Sausage Roll (v)	(Potato Starch) HOPWELLS	Gluten
Jacket Potato		See Page 3
Herby Diced Potatoes	HOPWELLS	Gluten
Seasonal Vegetables or Salad		None
Flapjack		Gluten, Milk
Friday		
Cod Fishfingers	HOPWELLS	Fish, Gluten
Home-made Pizza (v) Cheese & Tomato (Ham & Pineapple	SD,Milk,Gluten, Soya, Eggs)	Milk, Gluten, Eggs, Soya
Sandwiches/Wrap		See Page 3
Chips		None
Peas; Sweetcorn		None
Vanilla Ice Cream & Fruit Slices	HOPWELLS	Milk
Rice Pudding with Raisins		
Milk, Sulphites/SD		
NOTE: Sandwich/Wrap or Roll		
Bread, roll or wrap with fillings listed on Page 4		
Dessert of the day - allergens already listed on Menu Day		

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	Fish, Celery, Mustard, Soy/Soya, Lupin, Crustaceans,
MENU ITEM/PRODUCT	Molluscs, Sulphur Dioxide/Sulphites
Jacket Potato	None
Bread Mix (white 649228)	Milk, Gluten, Soya Derivatives (Egg in Factory)
Bread Mix (brown 64935X)	Gluten (Milk, Egg, Soya Derivatives in Factory)
Bread Thick White (fresh pastures)	Gluten/Soya
Bread Med White (fresh pastures)	Gluten/Soya
Bread Wholemeal (fresh pastures)	Gluten/Soya
Soft Deli Roll (64194)	Sesame Seeds, Gluten, SD/Sulphites
6 Tortilla 10 x 15 (4423)	Gluten
10 Tortilla 5 x 10 (4401)	Gluten
Garlic Bread 6478	Gluten, Milk, Soybeans
Warm Wrap (4401, 4423)	Gluten
Sub Roll (64194)	Gluten, Sesame Seeds, SD/Sulphites
SANDWICH FILLINGS	
Cheese Grated Fresh Pastures (A100H)	Milk
Tuna	Fish
Tuna with Salad Cream or Mayonnaise	Fish, Egg
Coleslaw (Chalkes)	Egg, Milk, Mustard
Ham	Sulphur Dioxide
Salmon	Fish
Sliced Pork	Sulphur Dioxide
Sliced Ham	Sulphur Dioxide
Sliced Beef	Sulphur Dioxide
Sausage Roll 2" (25g Code: 6212)	Gluten
Heinz Baked Beans (661015)	None but is legume
SALAD & FRUIT BAR	
Cous Cous (white 640239)	Gluten
Cous Cous (mediterranean 640255)	Gluten
50/50 Tilda Rice (none 885927)	None
Pasta Twists	Gluten
Raisins	Sulphur Dioxide/Sulphites
Yoghurt (daily)	Milk
DRINKS	
Semi skimmed milk	Milk
Freshers Orange or Apple & Blackcurrant (none)	None
Aquajuce (none)	None
Milkbreak	Milk
Viva Milk	Milk
Additional Products	
Honey (646024)	None
Turkey Dinosaur (Theme Days Only 4707)	Milk, Gluten
Dr.Oetker Natural Red Food Colouring (theme days)	Gluten
Bechamel Sauce (648574 Some cooks are not using this Product)	Egg, Gluten, Celery, Mustard, Soybeans/Soya
Knorr Chicken Bouillon Paste (658637)	Celery
Vegetable Bouillon (606634)	Celery
Chefs Pass Beef Bouillon (606626)	None
Coconut Milk (659398)	Sulphites
El Paso Mini Tortillas (658901) 4 x 12 145g	Gluten
Old El Paso 8 Stand N Stuff Tortillas Soft Flour 193g (658898)	Gluten
Hopwells Free From 10" Tortillas (6445) 1 x 6 Gluten, Dairy, Free)	None
Sage & Onion Stuffing Mix (655015)	Gluten
Cambells Condensed Tomato Soup (657301)	Celery, Soy, Gluten, Milk
Magetts Apple Filling (654361)	None
Tropical Fruit Salad in Juice Snack Pot (633747)	None
Mango (633739)	None
Apple & Blackcurrant Jelly Squeeze (632570)	None
Stawberry Jam Portions (655759)	None
Chop Chips (65342X)	Milk, soya
Sweet Potto Waffle	SD/Sulphites
Sweet Mini Potato Waffles	SD/Sulphites
	14 allergens listed under FSA:
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	Fish, Celery, Mustard, Soy/Soya, Lupin, Crustaceans,

	Molluscs, Sulphur Dioxide/Sulphites
Quorn Sausage (410095)	Gluten/Wheat
Vegan Strips (410075)	Gluten/Wheat, Soybeans, Mustard, Sulphur/SD
DF GF Lovemore Shortbread (616281)	Egg
DF GF Lovemore Choc Chip Cookie (616265)	Soya, Egg
DF GF Bubble Coated Fish Fillet (310074)	Fish
DF GF Fish Finger (330023)	Fish
Gluten & Dairy Free Pork Sausage 12's(430016)	Soya, Sulphites, Sulphur Dioxide
GF DF EF SF Turkey Burger 50g (470092)	None
DF Mini Waffles (150027)	None
Quorn Nuggets (410097)	Gluten
All Exept HALAL Kerrymaid (632358)	None
DF GF EF SF Spaghetti (60061X)	None
Dairy Free Breakfast Sausage 57g (4343)	Gluten, Soybeans, SD/Sulphites
Hash Browns (1556 & 1565)	None
Gluten & Dairy Free Middletons Self Raising Flour 1kg (600571)	None
Gluten & Dairy Free Bisto Gravy (639931)	None
Gluten & Dairy Free Chicken Bouillion Paste 2 x 1kg (658367)	Celery
Gluten Free Products	
Gluten Free Middletons Pizza & Bread Mix 3kg (640867)	None
Gluten Free Middletons Plain Flour 1kg (600563)	None
Gluten Free Cake & Sponge Mix 1kg (647330)	Egg
Gluten Free Middletons Plain Muffin Mix (640506)	None
Gluten Free Middletons Choc Fudge Brownie (640522)	Milk
Gluten Free Middletons Choc Muffin Mix (640549)	Milk
Gluten Free Middletons Plain Cookie Mix (640557)	Milk
Gluten Free Middletons Choc Cookie Mix (640565)	None
Gluten Free Fishcake 60g (3575)	Fish, SD/Sulphites
Gluten Free Salmon Fishfingers 30g (410036)	Fish, SD/Sulphites
Gluten Free Chicken Grill 60g (8902)	Milk
Gluten Free Pizza Base 12" (6338)	None
Gluten Free White Sliced Bread 560g (WB349) Warburton (pea Protein)	Egg
Gluten Free Brown Sliced Bread 560g (WB350) Warburton(pea Protein)	Egg
Recipes available for Gluten/Dairy/Egg Allergies	
NOTE: Children with specific allergies will be issued with their own menu after discussion with the child's parent/guardian & photo of the child displayed behind the serving counter.	
Review Date: November 2020	Reviewed By: Andrew Ferguson