LUNCH WEEK 1 | ALLERGEN MATRIX

Complete weekly lunch reference • Daily Hot Counter + Hot Meals, Soups, Cakes & Sides

C = Contains | M = May contain | N = Not identified in checked ingredients/declaration (not a free-from claim) | BLANK = NOT ASSESSED

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SECTION	MENU ITEM / COMPLETE DISH	AVAILABLE ON	Celery	Cereals incl. gluten-free oats (see details)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphur dioxide & sulphites
Daily Hot Counter	Margherita Pizza Slice	Mon–Fri	N	C	N	N	N	N	C	N	M	N	N	N	M	N
Daily Hot Counter	Halal Cheeseburger	Mon, Wed	N	C	N	N	N	N	C	N	N	N	N	C	C	C
Daily Hot Counter	Chicken Wings	Mon–Fri	M	N	N	N	M	N	N	N	M	N	N	M	C	C
Daily Hot Counter	Mac & Cheese	Mon, Wed, Fri	M	C	N	M	N	N	C	N	C	N	N	N	M	M
Daily Hot Counter	Halal Chicken Strips Burger	Tue, Thu	C	C	N	C	N	N	C	N	M	N	N	C	M	N
Daily Hot Counter	Tomato Pasta Bake	Tue, Thu	C	C	N	N	N	N	C	N	M	N	N	N	N	C
Hot Meal	Caribbean-Style Jerk with Rice & Peas	Mon	C	M	N	N	N	N	N	N	C	M	M	N	C	C
Hot Meal — VEGAN	Mixed Bean & Corn Chilli served with Jacket Potato	Mon	C	M	N	N	N	N	N	N	C	N	N	C	C	C
Hot Meal	Smoky BBQ Pulled Chicken Burger with Potato Wedges	Tue	C	C	N	C	N	N	C	N	C	N	N	C	C	C
Hot Meal — VEGAN	Aloo Matar served with Rice	Wed	C	M	N	N	N	N	N	N	C	N	N	N	N	C
Hot Meal	Halal Beef & Chicken Sausages with Mash & Onion Gravy	Wed	C	C	N	N	N	N	N	N	C	N	N	N	C	C
Hot Meal — NON-HALAL	Cumberland Pork Sausages with Mash & Onion Gravy	Wed	C	C	N	N	N	N	N	N	C	N	N	N	C	C
Hot Meal — VEGAN	Red Lentil Dal served with Basmati Rice	Tue	C	M	N	N	N	N	N	N	N	N	N	N	N	C
Hot Meal	Turkish-Style Chicken Kebab with Herbed Bulgur & Cucumber-Mint Tzatziki	Thu	C	C	N	N	N	N	C	N	C	N	N	C	N	C
Hot Meal — VEGAN	Lentil Shepherd's Pie with Mashed Potato Topping	Thu	C	M	N	N	N	N	N	N	C	N	N	N	N	C
Hot Meal	Halal Cheeseburger	Fri	C	C	N	N	N	N	C	N	C	N	N	C	C	C
Hot Meal	Halal Chicken Burger	Fri	C	C	N	N	N	N	M	N	C	N	N	C	C	C
Hot Meal — VEGAN	Vegan Burger	Fri	N	C	N	N	N	N	N	N	N	N	N	C	M	C
Soup	Carrot, Ginger & Coconut Soup	Mon	C	N	N	N	N	N	N	N	N	N	N	N	N	N
Soup	Moroccan Chickpea & Vegetable Soup	Tue	C	N	N	N	N	N	N	N	C	N	N	N	N	C
Soup	Creamy Cauliflower, Leek & Potato Soup	Wed	C	N	N	N	N	N	N	N	N	N	N	N	N	N
Soup	Broccoli, Garden Pea & Mint Soup	Thu	C	N	N	N	N	N	N	N	N	N	N	N	N	N

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SECTION	MENU ITEM / COMPLETE DISH	AVAILABLE ON	Celery	Cereals incl. gluten-free oats (see details)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphur dioxide & sulphites
Soup	Mediterranean Red Lentil & Tomato Soup	Fri	C	M	N	N	N	N	N	N	N	N	N	N	N	N
Cake	Flapjack	Mon	N	C	N	M	N	N	M	N	N	M	M	N	M	C
Cake	Lemon Drizzle Cake	Tue	N	C	N	C	N	N	M	N	N	N	N	N	C	C
Cake	Banana Cake	Wed	N	C	N	C	N	N	M	N	N	N	N	N	C	M
Cake	Carrot Cake	Thu	N	C	N	C	N	N	C	N	N	N	N	N	C	C
Cake	Chocolate Cake	Fri	N	C	N	C	N	N	C	N	N	N	N	N	C	N
Sides	Potato Wedges	Mon–Fri	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Chips	Mon–Fri	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Fries	Mon–Fri	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Rice & Peas	Mon	C	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Vegetable Samosa	Mon–Fri	N	C	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Plain Rice	Tue, Wed	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Herbed Bulgur	Thu	N	C	N	N	N	N	N	N	N	N	N	N	N	C
Salad / Vegetable Side	Caribbean Lime & Cabbage Slaw	Mon	N	N	N	N	N	N	N	N	C	N	N	N	N	C
Salad / Vegetable Side	Indian Kachumber Salad	Tue	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salad / Vegetable Side	Roasted Broccoli & Garden Peas	Wed	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salad / Vegetable Side	Turkish Shepherd's Salad	Thu	N	N	N	N	N	N	N	N	N	N	N	N	N	C
Salad / Vegetable Side	Traditional Creamy Coleslaw	Fri	N	N	N	C	N	N	N	N	C	N	N	N	N	N
Sides / Recipe component	Mashed Potato (Vegan) — Gluten-Free Oats	Wed	N	N	N	N	N	N	N	N	C	N	N	N	N	N
Sides / Recipe component	Onion Gravy	Wed	C	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides / Recipe component	Jacket Potato (Plain)	Mon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Daily Hot Counter — Pepperoni option	Chicago Town Pizza Slice with JJ Pepperoni	Mon–Fri — when offered	N	C	N	N	N	N	C	N	C	N	N	N	C	N

Reference: Food Standards Agency — https://www.food.gov.uk/sites/default/files/media/document/14-Allergens%2016Nov21.pdf