

Allergens Matrix Gen2 Menu 1 January 2015 (revised January 2016)



Week 1 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Spaghetti Bolognaise														
Macaroni Cheese														
Sweetcorn														
Green Beans														
Apricot Goodie														
Custard														
Yoghurt														
Fresh Fruit														
Week 1 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Chicken & Vegetable Pie														
Gravy														
Quorn Sausages														
Mashed Potatoes														
Peas														
Fresh Carrots														
Golden Krispy Cake														
Yoghurt														
Fresh Fruit														
Week 1 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Gammon														
Gravy														
Vegetable Hot Pot														
Roast Potatoes														
Green Cabbage														
Creamed Swede														
Pears														
Rice Pudding														
Yoghurt														
Fresh Fruit														
Week 1 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Creamy Chicken casserole														
Vegetable Goulash														
Rainbow Rice														
Fresh Broccoli Florets														
Green Beans														
Chocolate Sponge														
Chocolate Sauce														
Yoghurt														
Fresh Fruit														
Week 1 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Cheese & Tomato Pizza														
Salmon & Broccoli Fishcakes														
Tomato Ketchup														
Chips														
Baked Beans														
Peas														
Fruit Jelly														
Ice Cream/Cream														
Yoghurt														
Fresh Fruit														



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Week 2 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Pork Sausages														
Sweet Potato & Lentil Curry														
Mashed Potatoes														
Boiled Rice														
Peas														
Baked Beans														
Jam & Coconut Sponge														
Custard														
Yoghurt														
Fresh Fruit														
Week 2 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Lasagne														
Garlic Bread														
Vegetable Chilli														
Wholemeal Penne Pasta														
Fresh Broccoli														
Cauliflower														
Oat Cookie														
Milk														
Yoghurt														
Fresh Fruit														
Week 2 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast Turkey														
Stuffing														
Gravy														
Crunchy topped Cauliflower														
Broccoli Cheese Bake														
Roast Potatoes														
Fresh Carrots														
Green Beans														
Eves Pudding														
Custard														
Yoghurt														
Fresh Fruit														
Week 2 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
BBQ Chicken														
Quorn Bolognaise														
Jacket Potato														
Sweetcorn														
Peas														
Cherry Pie														
Custard														
Yoghurt														
Fresh Fruit														
Week 2 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Wholemeal Breaded Cod														
Cheese & Vegetable Parcels														
Chips														
Tomato Ketchup														
Baked Beans														
Fresh Tomato														
Flapjack														
Yoghurt														
Fruit Salad														



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<b>Week 3 Monday</b>	<b>Celery</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>							
Pork Meatballs														
Tomato Sauce														
Pasta														
Veg Pasta Bake														
Broccoli														
Sweetcorn														
Apple Crumble														
Custard														
Yoghurt														
Fresh Fruit														
<b>Week 3 Tuesday</b>	<b>Celery</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Molluscs</b>	<b>Mustard</b>	<b>Nuts</b>	<b>Peanuts</b>	<b>Sesame</b>	<b>Soya</b>	<b>Sulphur D</b>
Chicken Curry with mixed rice														
Roasted Vegetable Risotto														
Brown Rice														
Cauliflower														
Peas														
Lemon Drizzle Cake														
Yoghurt														
Fresh Fruit														
<b>Week 3 Wednesday</b>	<b>Celery</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Molluscs</b>	<b>Mustard</b>	<b>Molluscs</b>	<b>Peanuts</b>	<b>Sesame</b>	<b>Soya</b>	<b>Sulphur D</b>
Roast Beef														
Yorkshire Pudding														
Gravy														
Red Lentil Roast														
Roast Potatoes														
Fresh Cabbage														
Carrots														
Fruit & Cream Meringues														
Yoghurt														
Fresh Fruit														
<b>Week 3 Thursday</b>	<b>Celery</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Molluscs</b>	<b>Mustard</b>	<b>Molluscs</b>	<b>Peanuts</b>	<b>Sesame</b>	<b>Soya</b>	<b>Sulphur D</b>
Cheese & Ham Quiche														
Curried Vegetable Pasty														
Mashed Potatoes														
Rainbow Coleslaw														
Green Beans														
Shortbread														
Custard														
Yoghurt														
Fresh Fruit														
<b>Week 3 Friday</b>	<b>Celery</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Molluscs</b>	<b>Mustard</b>	<b>Nuts</b>	<b>Egg</b>	<b>Sesame</b>	<b>Soya</b>	<b>Sulphur D</b>
Cod Fish Fingers														
Vegetable Lasagne														
Chips														
Ketchup														
Peas														
Baked Beans														
Banana & Chocolate Muffin														
Yoghurt														
Fruit Salad														

**Client Services Disclaimer**

The information provided regarding allergens is to be used as a guide and is only current at the time of writing the menu. It is the responsibility of the catering manager to regularly monitor the accuracy of the information you give to you customers. Should you or the supplier change any products or ingredients, you must check for updates and refer to the packaging for allergen information.



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	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Jacket Potato with Cheese														
Jacket Poato with Baked Beans														
Jacket Potato with Coleslaw														
Jacket Potato with Tuna														

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