



Important Allergen Information

Date published: 21/09/2026

The allergen information contained within this matrix is correct to the best of our knowledge at the time of publication and is based on the recipes, products and supplier information available to Food For Thought at that time.

This matrix is provided as a guide only. Ingredients, products and allergen information may change, including where approved substitutions are made.

The matrix should not be used as the sole means of determining whether a meal is suitable for a child with an allergy or dietary requirement. Always check with the school cook/chef before the meal is served.

The school cook/chef can confirm the products and ingredients being used in the school kitchen on that day and provide the most relevant allergen information for the meal being prepared.
Please ensure the school is aware of any food allergies or dietary requirements affecting your child.

Recipe Allergen Matrix

Please check with the kitchen should a query arise from a customer regarding their chosen dish.

YES = Recipe contains allergen.
No = Recipe does not contain allergen.
MAY =Recipe may contain allergen.



Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
BBQ Chicken Baguette	YES	YES	MAY	MAY	MAY	No	No	No	No	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY	YES	MAY	MAY	MAY	No	No
* Banana Flapjack	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Apple and Oat Crumble	YES	YES	No	YES	No	No	No	No	No	No	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Focaccia Bread	YES	YES	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Caribbean Vegetable Skewers	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Shortcrust Pastry	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Macaroni Cheese topped with Chilli Con Carne	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Fish fingers	YES	YES	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Yorkshire Pudding	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Wet Nelly	YES	YES	YES	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
West African Jollof Rice	MAY	MAY	No	No	No	No	No	YES	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Welsh Rarebit	YES	YES	MAY	MAY	YES	No	No	YES	YES	No	MAY	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No
Victoria Sponge Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Veggie Toad in The Hole	YES	YES	No	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Vegetarian Chilli	YES	MAY	No	No	YES	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Vegetable Singapore Fried Rice	MAY	MAY	No	No	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Vegetable Ravioli in a Homemade Tomato Sauce	YES	YES	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Vegetable Ramen Noodles	YES	YES	No	No	No	No	No	YES	No	No	YES	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Vegetable Paella	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Vegetable Lasagna	YES	YES	No	No	No	No	No	MAY	No	No	MAY	YES	No	No	No	No	No	No	No	No	YES	MAY	MAY	No	No	No
Vegetable Egg Fried Rice	No	No	No	No	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegetable Curry	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Vegetable Biryani	MAY	MAY	No	No	No	No	No	MAY	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	YES	No	No
Vegetable and Rice Enchiladas	YES	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Vegetable and Lentil Stew	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Vegetable and Feta Pasta	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegetable and Cheese Quesadillas	YES	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
* Vegan Jambalaya	No	No	No	No	No	No	No	MAY	No	No	YES	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Vanilla Cheesecake	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Twice Baked Jacket's	No	No	No	No	No	No	No	YES	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Tomato Bruschetta	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tomato and Basil Bake	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Tandori Salmon	MAY	MAY	No	No	No	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	MAY	No	YES	No	No
Syrup Cornflake Cakes	YES	MAY	No	MAY	YES	No	No	No	No	No	MAY	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Sweetcorn Fritter	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	MAY	No	YES	No	No
Stir Fry Vegetables with Spghetti	YES	YES	MAY	MAY	MAY	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sticky Toffee Pudding	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Steak and Vegetable Shortcrust Pastry Pie	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sri Lankan Sweet Potato and Coconut Curry	MAY	MAY	No	No	No	No	No	MAY	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Sponge Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Spicy Singapore Noodles	YES	YES	No	No	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Spanish Omelette with Salmon	No	No	No	No	No	No	No	YES	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Spanish Omelette	No	No	No	No	No	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	MAY	No	No	YES	No	No
Spanish Chicken Tray bake	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Spanish Chicken	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Spaghetti and Veggie Meatballs	YES	YES	MAY	MAY	YES	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
* Soup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Shortbread	YES	YES	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Shepherds Pie	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Scrambled Eggs	No	No	No	No	No	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Scouse	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Scones	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Sausage Casserole	YES	YES	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	YES	No	No
* Sausage and Mash	YES	YES	No	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	YES	No	No	YES	No	No
Salt and Pepper Chicken	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Salmon Fish Pie	YES	YES	No	No	No	No	No	No	YES	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Salmon and Spinach Spaghetti	YES	YES	MAY	MAY	MAY	No	No	No	YES	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
* Roasted Tomato and Red Pepper Shakshuka	MAY	MAY	No	No	No	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
* Rich Sausage and Lentil Ragù	YES	YES	MAY	MAY	YES	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	YES	No	No	YES	No	No
Rich 'Chocolate' Cookies	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Rice Pudding	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Quorn Stovies	YES	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Quorn Spaghetti Bolognese	YES	YES	MAY	MAY	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	YES	MAY	MAY	No	No	No
Quorn Mince Cottage Pie	YES	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Quiche	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Puy Lentil Shepherd's Pie	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Pumpkin Pie	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Potato Wedges	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Pizza	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	YES	MAY	MAY	No	No	No
Pineapple and Coconut Sponge	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Pesto Pasta	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Onion Bhajis	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	MAY	No	YES	No	No
Oat Cookies	YES	YES	No	YES	No	No	No	No	No	No	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Moroccan Lamb	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Mince and Tatties	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Meatball Sub	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Meat Free Burrito	YES	YES	No	No	YES	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No
Mashed Potato	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Marble Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Manchester Tart	YES	YES	No	No	No	No	No	MAY	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Ma'amoul Cookie	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Lamb Hot Pot	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No
Jewel's Chicken Karahi	MAY	MAY	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Irish Stew	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Individual Vegetable and Cheese Omelette	No	No	No	No	No	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Iced Finger Buns (Strong Flour?)	YES	YES	MAY	MAY	MAY	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Hummus	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Homemade Chips	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Harira Soup	MAY	MAY	No	No	No	No	No	MAY	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Halloumi Fajita	YES	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Gravy Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Ginger Biscuits	YES	YES	No	No	No	No	No	No	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
German Apple Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Garlic Bread	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Garlic and Herb New Potatoes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Fried Egg	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Fresh Fruit Yoghurt Crunchpots	YES	No	No	YES	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sponge Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Fresh Fruit Trifle	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Fresh Fruit Pavlova	No	No	No	No	No	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flapjack	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Fish Finger Sub	YES	YES	MAY	MAY	MAY	No	No	YES	YES	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Falafel Pittas	YES	YES	No	No	No	No	No	YES	No	No	MAY	No	No	No	No	No	No	No	No	No	No	MAY	No	YES	No	No
* Dhal Sauce	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	MAY	No	No	No	No
* Cumberland Sausage Slice	YES	YES	No	No	No	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Cowboy Casserole	YES	YES	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Corned Beef Hash	YES	YES	YES	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Colcannon Potato Croquettes	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
'Chocolate' Fudge Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
'Chocolate' Cookies	YES	YES	No	No	No	No	No	No	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chip Shop Curry Sauce	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Chinese Sweetcorn Soup	No	No	No	No	No	No	No	YES	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chinese Style Chicken Curry	MAY	MAY	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Chilli Con Carne	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Chicken Tikka Pie	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
* Chicken Tikka	MAY	MAY	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	MAY	MAY	No	No	No	No
* Chicken Tagine	MAY	MAY	No	No	No	No	No	MAY	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	YES	No	No
Chicken Stir Fry Noodles	YES	YES	No	No	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Chicken Shawarma	YES	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Chicken Ramen Noodles	YES	YES	No	No	No	No	No	YES	No	No	YES	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Chicken Pie	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chicken Korma	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Chicken Katsu Curry	YES	YES	No	No	No	No	No	YES	No	No	YES	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Chicken Hot Pot	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No
Chicken Goujon Wraps	YES	YES	No	No	No	No	No	YES	No	No	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chicken Schnitzel	YES	YES	No	No	No	No	No	YES	No	No	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chicken Fajita Wraps	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Chicken Dhansak Curry	MAY	MAY	No	No	No	No	No	MAY	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
* Chicken Chasseur	YES	YES	No	No	No	No	No	MAY	No	No	MAY	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Cheryl's Jam Puffs	YES	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Chef Daniels Quorn and Bean Quesadilla	YES	YES	No	No	YES	No	No	YES	No	No	No	YES	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
* Chef Daniel's Beef and Bean Quesadilla	YES	YES	No	No	No	No	No	MAY	No	No	YES	YES	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Chef Bonnie's Sunshine Pasta	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	No	No	YES	No	No
Cheesy Beans Pasta Bake	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No
Cheese and Tomato Toastie	YES	YES	YES	No	No	No	No	No	No	No	YES	YES	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Shortcrust Pastry	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheese and Onion Plate Pie	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chads Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Cauliflower Cheese	YES	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Carrot Cake	YES	YES	No	No	No	No	No	YES	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Caribbean rice and peas	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No	No
Carribean Jerk Chicken	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	MAY	No	No	No	No
Caribbean Curry Beef	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Broccoli and Cream Cheese Pasta Bake	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Blind Scouse	YES	MAY	No	No	YES	No	No	MAY	No	No	No	MAY	No	No	No	No	No	No	No	No	YES	MAY	No	No	No	No
Beef Stifado	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
* Beef Spaghetti Bolognese	YES	YES	MAY	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No
Beef Chillli Tacos	YES	YES	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No	No	No	No	YES	MAY	MAY	No	No	No
Beef Bourguignon	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
* BBQ Chicken	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No

Recipe	Cereals	Wheat	Rye	Oats	Barley	Gluten 20ppm?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Almond nuts	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brazil Nuts	Pistachio nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Battered Fish	YES	YES	No	No	No	No	No	No	YES	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Barabrith	YES	YES	No	No	No	No	No	YES	No	No	MAY	No	No	No	No	No	No	No	No	No	No	MAY	No	No	No	No
Bakewell Cherry Slice	YES	YES	MAY	MAY	MAY	No	No	YES	No	No	MAY	MAY	No	No	No	No	No	No	No	No	No	No	No	YES	No	No
Baked Pasta Carbonara	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Asian Noodles	YES	YES	No	No	No	No	No	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Apple Turnover	YES	YES	No	No	No	No	No	MAY	No	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Apple Flapjack	YES	No	No	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Bechamel Sauce	YES	YES	No	No	No	No	No	No	No	No	MAY	YES	No	No	No	No	No	No	No	No	No	No	No	No	No	No
* Tomato Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	YES	No	No	No	No	No

* **WARNING!** This recipe uses custom ingredients. Accuracy of data when using custom ingredients is your responsibility.