

ALLERGENIC INGREDIENTS MATRIX

ASSESSOR NAME:

Kate Szlufik

DATE ASSESED:

8/20/15

THE SANDWICHMAN

DISH / PRODUCT		EANUT	TREENUTS	FISH	STACE	OLLUS	MILK	REALS	GLUTE	YABEA	EGGS	ME SE	USTAR	ELERV	PHIT	LUPIN
100	BAGEL															
1108510F	SMOKED SALMON, CREAM CHEESE, LEMON JUICE & BLACK PEPPER			✓			✓	WHEAT	✓		✓					
120	BAGUETTE															
2120012H	HAM & CHEDDAR CHEESE WITH BUTTER						✓	WHEAT								
2120160H	BACON & BRIE						✓	WHEAT								
2120515H	CLASSIC CHICKEN MAYONNAISE & SALAD						✓	WHEAT			✓		✓			
2120520H	CHICKEN & BACON BAGUETTE						✓	WHEAT			✓		✓			
2120591H	CHICKEN ESCALOPE, CHIVE AIOLI & WATERCRESS						✓	WHEAT			✓		✓			
3120120H	CLASSIC CHEDDAR CHEESE & SALAD						✓	WHEAT			✓		✓			
125	BAGUETTE GRANARY MULTI-CEREAL															
1125110F	TUNA MAYO & CUCUMBER			✓			✓	WHEAT			✓	✓	✓			
1125180H	TUNA, BLK OLIVES,SLICED EGG & LEAVES			✓			✓	WHEAT			✓	✓	✓			
2125310H	ROAST BEEF, HORSERADISH MAYO,RED ONION AND ROCKET						✓	WHEAT				✓				
3125216H	BRIE,CRANBERRY,PINENUTS & ROCKET		PINENUTS				✓	WHEAT			✓					
3125266H	MOZZARELLA, PESTO, TOMATO & BASIL		CASHEW				✓	WHEAT				✓				
3125333F	GOAT'S CH.,FRT CHUT,CHILLI & BABY LEAF						✓	WHEAT				✓		✓		
3125615H	HOUMUS, FALAFEL, GRATED CARROT & BABY SPINACH						✓	WHEAT				✓				
130	HERITAGE STONEBAKED BAGUETTE															
2128092F	SMOKED HAM, EGG MAYO & SPINACH						✓	WHEAT			✓	✓	✓			
3128136H	4 C'S - CHEDDAR,CHIPOTLE CHILLI JAM & CORIANDER						✓	WHEAT				✓				
130	BAGUETTE LEVAIN - RUSTIC BAGUETTE															
2129020F	HOME COOKED HAM & SALAD						✓	WHEAT								
2129040F	HOME COOKED HAM, DIJON MUSTARD EMMENTAL CHEESE						✓	WHEAT					✓			
130	BAGUETTE WHOLEMEAL															
2130550F	CHAR GRILLED CHICKEN, LOW FAT MAYO & SALAD						✓	WHEAT			✓		✓			
130	GRANARY BAP															
2152172F	BACON, SAUSAGE,ROASTED TOM & HERBS, CHEDDAR CHEESE						✓	WHEAT								
130	ONION BAP															
2156575F	CHICKEN, CHORIZO, RED PEPPER TAPENADE & ROCKET						✓	WHEAT			✓		✓			
130	RYE BAP															
2157366F	SALTBEEF & WENSLEYDALE RUBEN						✓	WHEAT			✓		✓			
205	BLOOMER GRANARY EXTRA THICK															
2205525F	CHICKEN ROYALE & COS LETTUCE	☒	☒	☒	☒	☒	✓	WHEAT	✓	✓	☒	✓	☒	☒	☒	☒
2205593F	CHICKEN ESCALOPES,ITALIAN C/SLAW,ROASTED TOMATO & HERBS, MAYO	☒	☒	☒	☒	☒	✓	WHEAT	✓	✓	☒	✓	☒	☒	☒	☒
1	BLOOMER WHITE EXTRA THICK															
2240045F	HAM, SLICED EGG, TOMATO, LETTUCE & MUSTARD MAYO	☒	☒	☒	☒	☒	✓	WHEAT	✓	✓	☒	✓		☒	☒	☒
1	CIABATTA															
2300110F	BLT - BACON, LETTUCE, TOMATO, RED ONION, MAYO	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2300550F	CHICKEN CORIANDER MAYO, AVOC & BABY LEAF	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
1	CIABATTA BAP															
2302210F	PULLED PORK, BBQ SAUCE, CHILLI-SLAW & BABY LEAF	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
1	SQURE CIABATTA															
3308365F	PAN FRIED HALLOUMI, HOUMUS & ROCKET	☒	☒	☒	☒	☒	✓	WHEAT	☒		✓			☒	☒	☒
1	SUNDRIED TOMATO CIABATTA															
2320550F	CHICKEN MAYONNAISE, TOASTED ALMONDS & ROCKET	☒	ALMONDS	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
1	FILONCINO															
2328096F	PARMA HAM, ITALIAN MOZZARELLA & TOMATO	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
330	ITALIAN BAGUETTE															
2330120F	EGG MAYO & BACON	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2330415F	CHORIZO & CHEDDAR	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
2330455F	SALAMI & SMOKED CHEESE	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
2330509F	CHICKEN MAYO & AVOCADO	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2330514F	CHICKEN MAYO, SWEETCORN & BABY LEAF	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2330630F	CHICKEN PIRI PIRI & CORIANDER	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
1	SEEDED ITALIAN BAGUETTE															
2332614F	CORONATION CHICKEN WITH MIXED LEAF LETTUCE	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	✓	✓	☒	☒	☒	☒
370	ALL BUTTER CROISSANT															
2350031F	HAM & EMMENTAL CROISSANT	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	☒	☒	☒	☒	☒
3350000F	PLAIN CROISSANT						✓	WHEAT		✓						
395	FOCCACIA OLIVE															
1395120F	TUNA, PESTO, MAYO, SUN DRIED TOM, PARMESAN CHEESE & ROCKET	☒	CASHEW	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
500	SMALL ROLL															
1500110F	TUNA MAYONNAISE & CUCUMBER CRUSTY ROLL	☒	☒	✓	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2500030F	HAM & CHEDDAR CHEESE	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
2500032F	HAM & TOMATO	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
2500520F	CHICKEN MAYONNAISE & SWEETCORN	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2510015F	HAM & ENGLISH MUSTARD	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	✓	☒	☒	☒	☒
3500110F	CHEDDAR CHEESE & TOMATO	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
3500111F	CHEDDAR CHEESE & BRANSTON PICKLE	☒	☒	☒	☒	☒	✓	WHEATBARLEY	☒	☒	☒	☒	☒	☒	✓	☒
3500112F	CHEDDAR CHEESE & ONION	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
3500510F	EGG MAYO & CRESS	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
0	HEAT-ME ROLLS															
1515810T	FISH FINGERS, CHEESE AND TARTAR SAUCE	☒	☒	✓	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2420100T	BACON	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
2420200T	SAUSAGE	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
1	SW GRANARY THICK															
2610505B	CHICKEN & BACON CLUB SANDWICH	☒	☒	☒	☒	☒	✓	WHEAT	✓	✓	☒	✓	☒	☒	☒	☒
1	SW WHOLEMEAL MEDIUM															
3685120P	CHEDDAR CHEESE & SALAD	☒	☒	☒	☒	☒	✓	WHEAT	✓	☒	☒	☒	☒	☒	☒	☒
1	TIN SUN DRIED TOMATO															
3793058F	MOZZ,PESTO,GRL AUBO,R/ON,TOM&H	☒	CASHEW	☒	☒	☒	✓	WHEAT	✓	☒	☒	☒	☒	☒	☒	☒
850	TORPEDO SUNFLOWER SEED															
1810670F	ROASTED SALMON, TARTARE SAUCE, ICEBERG	☒	☒	✓	☒	☒	✓	WHEAT	☒	✓		✓	☒	☒	☒	☒
850	TORTILLA WRAP															
2850513P	CHICKEN, SPINACH, SWEET CHILLI WITH A HONEY & LIME MAYO	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	✓	✓	☒	☒	☒	☒
2850601B	CAJUN CHICKEN, YOG & MINT DRESSING & CORIANDER	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
2850645F	JIMMY'S CHICKEN SATAY WRAP	✓	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	✓	☒	☒	☒	☒
2850912B	HOI-SIN DUCK, RED ONION,CUCUMBER & ICEBERG	☒	☒	☒	☒	☒	✓	WHEAT	✓	☒	✓	✓	☒	☒	☒	☒
3850710P	FALAFEL, TABOULEH, MINTED YOGHURT & BABY LEAF	☒	☒	☒	☒	☒	✓	WHEAT	☒	✓	☒	✓	☒	☒	☒	☒
850	PANINETTE ORIGINAL WRAP															
2855605B	CHICKEN FAJITA WRAP	☒	☒	☒	☒	☒	✓	WHEAT	☒	☒	☒	☒	☒	☒	☒	☒
850	PANINETTE WHOLEMEAL WRAP															
3861646F	HOUMUS,AUBO,RSTED TOM,CORIANDER & BABY LEAF	☒	☒	☒	☒	☒	✓	WHEAT			✓	☒	☒	☒	☒	☒
0	FRESH SALADS															
4100115L	TUNA SPRING SALAD BOX		☒	✓	☒	☒	✓	WHEAT				✓	✓	✓	☒	☒
4100454E	ROASTED SALMON, MIXED WILD RICE & CRANBERRY SALAD	☒	☒	✓	☒	☒						✓	✓	☒	☒	☒
4200200R	GRILLED HALLOUMI & CHORIZO SALAD	☒	☒	☒	☒	☒	✓					✓	☒	☒	☒	☒
4200535R	PASTA PESTO WITH CHICKEN	☒	CASHEW	☒	☒	☒	✓	WHEAT		✓		✓	☒	☒	☒	☒
4200538R	PROTEIN POWER SALAD	☒	☒	☒	☒	☒		WHEAT		✓		✓	✓	☒	☒	☒
4300106H	SUMMER SALAD BASE	☒	☒	☒	☒	☒						☒	☒	☒	☒	☒
4300240H	CRUMBLD FALAFEL & FETA MEZE SALAD	☒	☒	☒	☒	☒	✓	WHEAT				☒	☒	☒	☒	☒
4300255R	GREEK SALAD, COUSCOUS & ROCKET	☒	☒	☒	☒	☒	✓	WHEAT				☒	☒	☒	☒	☒
0	PROTEIN & SALAD POTS															
4100780D	TUNA MAYO SWEETCORN POT	☒	☒	✓		☒					✓		✓	☒	☒	☒
4200780D	CHICKEN MAYO SWEETCORN POT	☒	☒			☒					✓		✓	☒	☒	☒
4300780D	EGG & SPINACH PROTEIN POT	☒	☒			☒										

ALLERGENIC INGREDIENTS MATRIX

SOUP MENU

ASSESSOR NAME: Kate Szlufik

CODE: SOUP SANDWICHMAN

DATE ASSESSED: 16/12/2015



SOUP	INGREDIENTS	WEEK	DAY	SUITABLE FOR VEGETARIANS	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
R CHICK PEA AND SPINACH DAHL	Chickpeas, Water, Onions, Spinach, Potato, Cauliflower, Tomato Puree, Garlic Puree, Whipping Cream (MILK), Vegetable Bouillon (CELERY), Vegetable Oil, Bombay Spice Mix, Cumin, Red Chilli, Coriander, Black Pepper.	WEEK 1	MON	✓						✓						✓		
R CHICKEN AND VEGETABLE BROTH	Water, Chicken, Carrots, Onions, CELERY , Leek, Cream (MILK), Pasta (WHEAT , EGG), Tapioca Starch, Chicken Stock, Butter (MILK), Vegetable Bouillon, Garlic Puree, Parsley.	WEEK 1	TUES							✓	WHEAT		✓			✓		
R CHICKEN LAKSA	Water, Chicken, Onion, Coconut, Noodles (WHEAT , EGG), Fish Sauce (FISH), Lemon Grass, Brown Sugar, Baby Corn, Red Pepper, Spinach, Roast Chicken Stock ((Water, Chicken Stock, Chicken Fat), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Lime Juice, Ginger, Red Chilli, Modified Tapioca Starch, Rapeseed Pil, Turmeric.	WEEK 1	FRI				✓				WHEAT		✓					
R CHICKEN SAMBAL	Water, Onion, Tomato, Red Lentils, Chicken, Rapeseed Oil, Garlic, Ginger, Lemon Juice (Lemon Juice, Preservative: Potassium Metabisulphite E224, SULPHITES), Salt, Fenugreek Seeds, Coriander, Tamarind (Water, Tamarind), Chilli Powder, Red Chilli, Garam Masala, Turmeric, Coriander Powder.	WEEK 2	MON														✓	
S CHILLI CHICKEN	Water, Tomato Passata, Onions, Minced Chicken, Green Peppers, Red Kidney Beans, Red Peppers, CELERY , Tomato Paste, Rice Flour, Salt, Organic Vegetable Stock (Sea salt, Yeast Extract, Rice Flour, Onion, CELERY , Carrot, Parsley, Tumeric), Red Chilli Puree, Cumin Powder, Chilli Powder.	WEEK 1	MON													✓		
R CHORIZO AND CANNELLINI BEAN	Cannellini Beans, Water, Carrot, Chorizo, Onion, Tomato, Bacon, Tomato Puree, Garlic, Maple Syrup, Roast Chicken Stock ((Water, Chicken Stock, Chicken Fat), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Lemon Juice, Modified Tapioca Starch, EGG , Butter (MILK), Balsamic Vinegar, Smoked Paprika.	WEEK 2	FRI							✓			✓					
R INDONESIAN CHICKEN AND NOODLE	Water, Chicken, Noodles (WHEAT , EGG), Spinach, Green Pepper, Red Pepper, Onion, Chicken Stock ((Water, Chicken Stock), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Celeriac (CELERY), Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar Flavourings, Vegetable Oil), Green Chilli, Garlic, Ginger, Spices.	WEEK 1 & 2	EVDDAY								WHEAT		✓			✓		
R ITALIAN MINESTRONE	Water, Tomatoes, Potatoes, Cannelini Beans, Tomato Puree, Red Onion, Carrot, CELERY , Red Pepper, Green Beans, Pasta, Spinach, Vegetable Bouillon, Tapioca Starch, Olive Oil, Garlic Puree, Basil.	WEEK 1	THUR								WHEAT		✓			✓		
R PARSNIP & CHILLI	Vegetable Stock (CELERY), Parsnip, Carrot, Onion, Cream (MILK), Red Chilli, Cumin, Salt Black Pepper, Modified Tapioca Starch, EGG	WEEK 2	FRI	✓						✓			✓			✓		
R MEDITERRANEAN ROAST TOMATO AND PEPPER	Tomato, Water, Red Pepper, Onion, Olive Oil, Tomato Puree, Garlic, Vegetable Stock (CELERY), Salt, Sugar, Black Pepper.	WEEK 1	TUE	VEGAN												✓		
R MOROCCAN SWEET POTATO AND CHIKPEA	Vegetable Stock (CELERY), Tomato, Chickpeas, Sweet Potato, Onion, Red Pepper, Rapeseed Oil, Garlic, Harissa, Brown Sugar, Red Chilli, Smoked Paprika, Ras El Hanout, Cumin, Salt.	WEEK 1 & 2	WED	VEGAN												✓		
S RED THAI CHICKEN AND COCONUT	Water, Chicken, Sweet Potato, Coconut Flakes (SULPHITES), Onions, Aubergine, Tomato, Rice flour, Red Peppers, Double Cream (MILK), Chicken Stock (EGG), CELERY Seeds, Turmeric, Garlic, Nutmeg, Red Curry Paste, Fish Sauce (FISH , CRUSTACEANS), Coriander, Lime.	WEEK 1 & 2	THU				✓	✓		✓			✓			✓	✓	
R TUSCAN MEATBALL SOUP	Cannellini Beans, Water, Tomato, Meatballs (Pork, Beef, Potato, Onion, Yeast Extract, Spices), Onion, Carrot, Tomato Puree, CELERY , Rapeseed Oil, Vegetable Stock (CELERY), Salt, Brown Sugar, Ham Stock, Rosemary, Balsamic Vinegar, Garlic, Basil, Green Chilli.	WEEK 1	WED													✓		
S SWEET POTATO AND COCONUT	Water, Sweet Potato, Carrots, Onions, CELERY , Flaked Coconut (SULPHITES), Soy Sauce Light (SOYA , WHEAT), Spring Onions, Organic Vegetable Stock (CELERY), Ginger, Garlic, Coriander, Rice flour, Salt, Chilli.	WEEK 1	FRI	VEGAN							WHEAT	✓				✓	✓	
		WEEK 2	THU															
R THAI GREEN LENTIL	Water, Red Split Lentils, Onion, Coconut, Green Lentils, Spinach, Spring Onion, Vegetable Stock (CELERY), Lemon Grass, Red Chilli, Coriander, Garlic Puree, Lime Juice, Ground Coriander, Paprika.	WEEK 2	MON	VEGAN												✓		
R WILD MUSHROOM	Water, Onions, Potatoes, Whipping Cream (MILK), Vegetable Bouillon (CELERY), Tapioca Starch, Wild Mushrooms, Garlic Puree, Mushroom Powder, Black Pepper.	WEEK 2	TUE	✓						✓						✓		