	SENIC INGREDIENTS MATRIX		SSOR NAM			Kate \$	Szlufik 8/20						I.V.	I <b>DWI</b>	VICH	
	DISH / PRODUCT	FANIIT	TREENUTS	FISH	STACE	')	MII K	DEALS (CLUT	:VARFA	FGGS	AMF SI	HISTAR	rei ed	ІІ РЫТ		
8510F	BAGEL SMOKED SALMON, CREAM CHEESE, LEMON JUICE & BLACK PEPPER BAGUETTE	EANOT	TREENOTS	, i3ii	JIACE		√.	WHEAT	1	2003	<b>√</b>	OSTAL				
0012H 0160H	HAM & CHEDDAR CHEESE WITH BUTTER BACON & BRIE						1	WHEAT							F	
0515H 0520H 0591H	CLASSIC CHICKEN MAYONNAISE & SALAD CHICKEN & BACON BAGUETTE CHICKEN ESCALOPE, CHIVE AIOLI & WATERCRESS						\frac{1}{\int}	WHEAT WHEAT WHEAT		\frac{1}{\int}		\frac{1}{1}				
0120H 5110F	CLASSIC CHEDDAR CHEESE & SALAD  BAGUETTE GRANARY MULTI-CEREAL  TUNA MAYO & CUCUMBER			J			√ √	WHEAT		J	J	J				
5180H 5310H 5216H	TUNA, BLK OLIVES,SLICED EGG & LEAVES  ROAST BEEF, HORSERADISH MAYO,RED ONION AND ROCKET  BRIE,CRANBERRY,PINENUTS & ROCKET		PINENUTS	<i>J</i>			\frac{1}{\int}	WHEAT WHEAT WHEAT		J	\frac{1}{1}	J				
5266H 5333F 5615H	MOZZARELLA, PESTO, TOMATO & BASIL  GOAT'S CH.,FRT CHUT,CHILLI & BABY LEAF  HOUMUS, FALAFEL, GRATED CARROT & BABY SPINACH		CASHEW				\frac{1}{\sqrt{1}}	WHEAT WHEAT WHEAT			\frac{1}{1}		J		<u> </u>	
8092F 8136H	HERITAGE STONEBAKED BAGUETTE  SMOKED HAM, EGG MAYO & SPINACH  4 C'S - CHEDDAR, CHIPOTLE CHILLI JAM & CORIANDER						1	WHEAT WHEAT		J	<i>J</i>	J			<u> </u>	
9020F 9040F	BAGUETTE LEVAIN - RUSTIC BAGUETTE  HOME COOKED HAM & SALAD  HOME COOKED HAM, DIJON MUSTARD EMMENTAL CHEESE						<i>J</i>	WHEAT WHEAT							H	
0550F	BAGUETTE WHOLEMEAL CHAR GRILLED CHICKEN, LOW FAT MAYO & SALAD GRANARY BAP						J	WHEAT		J		J				
2172F 6575F	BACON, SAUSAGE, ROASTED TOM & HERBS, CHEDDAR CHEESE  ONION BAP  CHICKEN, CHORIZO, RED PEPPER TAPENADE & ROCKET						<i>J</i>	WHEAT							I T	
7366F	RYE BAP  SALTBEEF & WENSLEYDALE RUBEN  BLOOMER GRANARY EXTRA THICK						√ ✓	WHEAT		J		J				
5525F 5593F	CHICKEN ROYALE & COS LETTUCE  CHICKEN ESCALOPES,ITALIAN C/SLAW,ROASTED TOMATO & HERBS, MAYO  BLOOMER WHITE EXTRA THICK	X	X X	X	X	X	1	WHEAT WHEAT	J	J	X	J	X	X	ł	
0045F	HAM, SLICED EGG, TOMATO, LETTUCE & MUSTARD MAYO CIABATTA	X	X	×	X	×	J	WHEAT	<b>J</b>	J		J	×	×	Ι	
)110F )550F	BLT - BACON, LETTUCE, TOMATO, RED ONION, MAYO CHICKEN CORIANDER MAYO, AVOC & BABY LEAF CIABATTA BAP	X	X X	X	X	X	1	WHEAT	X	<i>J</i>	X	1	X	X		
2210F 3365F	PULLED PORK, BBQ SAUCE, CHILLI-SLAW & BABY LEAF SQURE CIABATTA PAN FRIED HALLOUMI, HOUMUS & ROCKET	X	X	X	X	X	<b>J</b>	WHEAT WHEAT	X	<b>J</b>	✓	<b>J</b>	X	X	 	
0550F	SUNDRIED TOMATO CIABATTA  CHICKEN MAYONNAISE, TOASTED ALMONDS & ROCKET  FILONCINO	×	ALMONDS	×	×	×	J	WHEAT	X	J	×	J	×	×	I	
0120F	PARMA HAM, ITALIAN MOZZARELLA & TOMATO ITALIAN BAGUETTE EGG MAYO & BACON	X	$\boxtimes$	×	X	X	1	WHEAT	X	<b>X</b>		<b>X</b>	×	×	I	
)415F )455F )509F	CHORIZO & CHEDDAR SALAMI & SMOKED CHEESE CHICKEN MAYO & AVOCADO	X X	X X X	X	X	X X	<i>J</i>	WHEAT WHEAT WHEAT	X	×	X X	×	X X	X		
514F 630F	CHICKEN MAYO, SWEETCORN & BABY LEAF CHICKEN PIRI PIRI & CORIANDER SEEDED ITALIAN BAGUETTE	X	X X	X	X	X	<i>J</i>	WHEAT WHEAT	X	<i>J</i>	X	<i>J</i>	X	X		
614F 031F	CORONATION CHICKEN WITH MIXED LEAF LETTUCE  ALL BUTTER CROISSANT  HAM & EMMENTAL CROISSANT	X	×	X	X	X	1	WHEAT	X	1	<b>√</b>	<b>√</b>	X	X	T T	
000F 120F	PLAIN CROISSANT  FOCCACIA OLIVE  TUNA, PESTO, MAYO, SUN DRIED TOM, PARMESAN CHEESE & ROCKET		CASHEW				1	WHEAT		1					I	
110F	SMALL ROLL TUNA MAYONNAISE & CUCUMBER CRUSTY ROLL	X	×	✓ ✓	X	X	√ √	WHEAT	X	J		<i>J</i>	X	X	 	
030F 032F 0520F 015F	HAM & CHEDDAR CHEESE HAM & TOMATO CHICKEN MAYONNAISE & SWEETCORN HAM & ENGLISH MUSTARD	X X X	X X X	X X X	X X X	X X X	\frac{1}{1}	WHEAT WHEAT WHEAT	X X X	<ul><li>X</li><li>✓</li><li>✓</li><li>X</li></ul>			X X X	X X X		
0110F 0111F 0112F 0510F	CHEDDAR CHEESE & TOMATO CHEDDAR CHEESE & BRANSTON PICKLE CHEDDAR CHEESE & ONION EGG MAYO & CRESS	X X	X X X	X	X X	X X X	\frac{1}{1}	WHEAT WHEAT/BARLEY WHEAT WHEAT	X X X	X X X	X X	X X X	X X X	<ul><li>✓</li><li>✓</li><li>✓</li></ul>		
5810T 0100T	HEAT-ME ROLLS FISH FINGERS, CHEESE AND TARTAR SAUCE BACON	X X X	X X	✓ ✓ ⊠	X	X	<i>J J</i>	WHEAT WHEAT	X	√ ✓ ⊠	X   X   X	√ ✓ ⊠	X X X	X		
0200T 0505B	SAUSAGE SW GRANARY THICK CHICKEN & BACON CLUB SANDWICH	X	X	X	X	X	√ √	WHEAT	×				X	X	L	
5120P	SW WHOLEMEAL MEDIUM CHEDDAR CHEESE & SALAD TIN SUN DRIED TOMATO	X	X	×	×	×	J	WHEAT S	J	X			X	×	I	
058F 0670F	MOZZ,PESTO,GRL AUBO,R/ON,TOM&H  TORPEDO SUNFLOWER SEED  ROASTED SALMON, TARTARE SAUCE, ICEBERG	X	CASHEW X	⊠   <b>√</b>	X	X	√ √	WHEAT WHEAT	<b>√</b>			⊠   <b>√</b>	X	X	l T	
0513P 0601B	CHICKEN, SPINACH, SWEET CHILLI WITH A HONEY & LIME MAYO CAJUN CHICKEN, YOG & MINT DRESSING & CORIANDER	X	X	X	X	X	<i>J</i>	WHEAT WHEAT	X	<i>J</i>	<b>√</b>	<i>J</i>	X	X	+	
645F 912B 710P	JIMMY'S CHICKEN SATAY WRAP  HOI-SIN DUCK, RED ONION, CUCUMBER & ICEBERG  FALAFEL, TABOULEH, MINTED YOGHURT & BABY LEAF	<b>√</b> ⊠	X X X	X X X	X X X	X X	\frac{1}{\int}	WHEAT WHEAT WHEAT	<ul><li>✓</li><li>✓</li><li>×</li></ul>	√ ⊠ √	<ul><li>✓</li><li>✓</li><li>✓</li></ul>	\frac{1}{\int}	X X	X X X		
6605B	PANINETTE ORIGINAL WRAP CHICKEN FAJITA WRAP PANINETTE WHOLEMEAL WRAP	X	×	×	×	×	1	WHEAT	X	×	×	×	X	×	Ι	
646F 1115L	HOUMUS,AUBO,RSTED TOM,CORIANDER & BABY LEAF FRESH SALADS TUNA SPRING SALAD BOX	X	×	✓	X	X	<i>J</i>	WHEAT				<b>I</b>	✓	1	Ţ	
)454E )200R )535R	ROASTED SALMON, MIXED WILD RICE & CRANBERRY SALAD GRILLED HALLOUMI & CHORIZO SALAD PASTA PESTO WITH CHICKEN	X	X X CASHEW	<b>√</b>	X X	X   X   X	./ ./	WHEAT		J		<i>J J</i>	✓ × ×	X X		
538R 106H 240H	PROTEIN POWER SALAD SUMMER SALAD BASE CRUMBLED FALAFEL & FETA MEZE SALAD	X X	X X X	X	X X	X X	J	WHEAT		J		<b>√</b>	<b>√</b>	X X	<u> </u>	
255R 780D	GREEK SALAD, COUSCOUS & ROCKET PROTEIN & SALAD POTS TUNA MAYO SWEETCORN POT	X	X X	✓	×	X		WHEAT		J		✓	X	X	ļ	
780D 780D 782D	CHICKEN MAYO SWEETCORN POT  EGG & SPINACH PROTEIN POT  HOUMUS WITH ROASTED RED PEPPERS POT	X X X	X X X			X X X				J	J	X X	X X X	X X		
100N 110N	FRUIT, FRUIT SALADS & YOGHURTS FRUIT - APPLES FRUIT - BANANAS	$\boxtimes$	×	×	X	×						×	×	X		
200J 300Y 330Y	FRESH FRUIT SALAD ROUND BOWL FRESH PINEAPPLE SMALL POT FRESH SATSUMAS SMALL POT	X	X	X	X	X						X	X	X	<u> </u>	
9600Y 9220W	GREEK YOGHURT  HOT FOODS  SALMON WITH WATERCRESS SAUCE, PEAS & POTATOES	X	ALMOND/ HAZELNUTS	<b>X</b>	X	$\boxtimes$	√ √	OATS						<ul><li>⋈</li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li><li></li></ul>	<u> </u> 	
101W 102W 203W	CREAMY CHICKEN & MUSHROOM PASTA MEATBALLS PENNE PASTA JERK CHICKEN RICE & PEAS	X X	X X X	X X	X X	X	1	WHEAT WHEAT				X X	X	X X		
210W 750W 202W	CHICKEN ESCALOPE & SPAGHETTI IN HOME MADE TOMATO SAUCE SAUSAGE, MASH, PEAS & ONION GRAVY PENNE FIORENTINA, MUSHROOMS & SPINACH	X	X X	X	X	X	1	WHEAT WHEAT WHEAT				X X	X X	<ul><li>✓</li><li>✓</li><li>✓</li></ul>		
1100W	JACKET POTATOES IN MICRO WAVEABLE BOWLS  BAKED POTATO WITH TUNA MAYO SWEETCORN MELT	X	×	J	×	×	√	WHEAT		J		J	×	×	I	
300W 302W 320W	BAKED POTATO WITH CHEDDAR, BAKED BEANS AND CHIVES BAKED POTATO WITH GRATED CHEDDAR BAKED POTATO WITH VEGETABLE CURRY	X X X	X X X	X X X	X X X	X X	\frac{1}{\sqrt{1}}					X X X	X X X	X X X	<u> </u>	
000N	SOUP VARIOUS	SEE SI	EPARATE LIST													
)200F	PASTRY ROLL SAUSAGE / SPINACH						<b>√</b>	WHEAT		<b>√</b>					<del>-</del>	
)202F )300F	CHICKEN MUSHROOM SLICE  SPINACH RICOTTA LATTICE						<b>√</b>	WHEAT		<b>√</b>					+	
200F	SAMOSA CHICKEN							WHEAT	✓				✓		+	
250F		1	l	1	1	1	1	WHEAT	1	1		1	1			
	SAMOSA VEGETABLE  CAKES FROM FAMILY CAKE COMPANY		14/**				-	\$ # # TT							T	
0250F 0300F 0100F 0300F		$\boxtimes$	WALNUTS	×	X	×	√ √ √	WHEAT WHEAT		√ √ √		×	×	X		

Hot Foods	INGREDIENTS	SUITABLE FOR VEGETARIANS	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
SALMON, WATERCRESS	Potato Salad, Baby, Onions, baked, Salmon (FISH), grilled, Lemon juice (2.6%), White wine, medium SULPHUR DIOXIDE, Watercress, raw, Cream				/			<b>√</b>				•,		/	<b>√</b>	
SAUCE, PEAS & POTATOES	(MILK), fresh, single. Stock cubes, vegetable Salt, Vegetable Fats (Palm, Shea Butter (MILK), Sal Butter (MILK), ), Potato Starch, Yeast Extract, Sugar, Onion Powder, Carrots, Herbs (Parsley, Tarragon), Spices (CELERY) Seeds, Garlic, Turmeric, Pepper, Parsley Roots), Tomato Powder, Red Bell Pepper, Caramel Syrup, Contain Celery ), Leck, Maltodocktrin, Peas, boiled in salted water, Butter (MILK)				<b>V</b>			<b>V</b>						<b>V</b>	<b>V</b>	
CHICKEN ESCALOPE WITH POTATOES	Chicken Escalope, Chicken Breast Fillet, Water, Wheat Flour, Stabilisers, Spices, (Chilli Powder, White Pepper,Black Pepper),ComStarch, Sugar,Maltodextrin,Diphosphate, Wheat Starch,salt,Potato Salad,Baby Sweetcom, Fresh Fine Beans, Peas,boiled in salted Water, Butter(MILK)							<b>√</b>	Wheat							
THE FULL ENGLISH BREAKFAST	Baked beans, canned in tomato sauce, Sausages,pork,fried Pork, Water Rusk (Wheat flour,salt,e503-ii), Potato starch,Herbs,Salt,Wheat, Flour, Spices,Flavoring prepration,Preservative(e223)(SULPHUR DIOXIDE), Hash Brown, Wheat, Egg, Milk, Bacon loin steaks,grilled, Mushrooms, common,fried in Butter(MILK), Egg, Parsley, fresh (0.6%),							<b>√</b>	Wheat		✓				✓	
PENNE, SPINACH, MOZZARELLA & TOMATO SAUCE	Penne pasta, Mediterranean Vegetables, Pesto: Black Pepper, Green Pesto, Mediterranean Vegetables, Pasta, Wheat, Tomato sauce, Spinach, Baby leaf, Cheese (MILK), Cheddar, average, Parsley, fresh, Cheese MILK), Mozzarella, Parsley, fresh, Spinach, Baby leaf	<b>✓</b>						<b>√</b>	Wheat							
STUFFED PEPPERS, RICE & LAMB	Rice,Basmati:Milled Basmati Rice,Lamb,mince,raw, Peppers, red,raw,Onions,raw,Tomato puree,Olive oil, Stock cubes,chicken:Salt,Potato Starch,Vegetable Fats (Palm,Shea <b>Butter (MilK),Sal, Butter (MilK))</b> ,Yeast Extract,Sugar,Chicken Fat, Chicken, Spices (Turmeric,Pepper <b>Celery</b> Seeds),Flavourings,Onion Powder,Matlodextrin,Lemon Juice Powder,Parsley,Caramel Syrup,Antioxidant (Extracts of Rosemary),Herbs,Garlic,raw,Cumin seeds, Cinnamon,ground							<b>√</b>						✓		
ROAST CHICKEN, POTATOES & VEGETABLES	Chicken breast, grilled, Potato Salad, Baby, Peas, boiled in salted water , Broccoli, green, raw, Carrots, old, raw, Mushrooms, common, raw, Onions, raw, Cream (MILK), fresh, double, Parsley, fresh (0.5%),, Olive oil Butter (MILK)							<b>√</b>								
SPAGHETTI WITH BEEFY BOLOGNESE	Pasta based meal:Durum Wheat Semolina,Minced beef,extra lean, stewed,Onions,fried in corn oil,Tomato and basil sauce,Celery,boiled in salted water,Carrots,grated,Rapesced oil,Stock cubes,beef :Salt,Vegetable Fats (Palm,SheaButter (MILK),Sal Butter (MILK) Potato Starch,Sugar,Beef Extract,Yeast, Extract,Flavourings,Onion Powder,Caramel Syrup,Mallodextrin,Parsley,Carrots, Spices (Parsley Roots,Celery Seeds),							✓	Wheat					✓		
MIXED VEGETABLE & CHEESE FRITTATA	Egg s,Potato Baked (17.6%),,Courgette,boiled in unsalted water, (12.1%),, Cream (MILK),fresh,double (11.0%), Peppers,raw ,Onions, raw,Parsley,fresh,							<b>√</b>			<b>√</b>					
FISH FINGERS, CHEESE & TARTARE SAUCE (in a Sesame Bun)	Fish fingers, Cod (FISH), fried in sunflower oil, Sesame seeds Buns: Wheat Flour, Water, Sesame, Seeds Sugar, Salt, Yeast, Dextrose, Vegetable Oil, Emulsifiers: E461, E472(e) Flour Treatment Agents: E300, E920/Cheese (MILK), Cheddar, average, Tartare sauce: Water, Rapessed Oil, Glucose-Fructose Syrup, Gherkins, Pasteurise Egg Yolk, Spirit Vinegar, Modified Maize Starch, Sugar, Capers, Acidity Regulator (Acetic Acid), Salt, Mustard Flour, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Natural Dill Flavouring, Parsley, Gherkins contain: Gherkins, Water, Acidity Regulator (Acetic Acid), Salt, Stabiliser (Xanthan Gum), Firming Agent (Calcium Chloride),				✓			√	Wheat		√	✓	<b>✓</b>			
BAKED POTATO, TUNA MAYO & SWEETCORN MELT	Sweetcorn, Mayonnaise:Water,Rapeseed Oil,Stabiliser; Modified, Starch E1414,Vinegar,Sugar,Sald,Mustard,Flour,Pasteurised Egg Yolk, Stabilisers; Xanthan Gum E415,Preservative; E202,Acidity Regulator E330, Potato Baked, Tuna (FISH),drained, Butter (MILK), Cheese (MILK),Cheddar,average, Sea Salt and Black Peppers,				<b>√</b>			<b>√</b>			<b>√</b>		✓			
BAKED POTATO, BUTTER, CHEDDAR CHEESE AND BAKED BEANS	Baked beans, canned in tomato sauce, Butter (MILK) ("Chives, fresh, Sea Salt and Black Peppers, Cheese (MILK), Cheddar, average, Potato Baked,	<b>√</b>						<b>√</b>								
BAKED POTATO & GRATED CHEDDAR CHEESE	Cheese (MILK), Cheddar, average, Potato Baked, Butter (MILK), Parsley, fresh, Sea Salt and Black Peppers,	✓						<b>√</b>								
BAKED POTATO & VEGETABLE CURRY	Potato Baked, Butter (MILK), Sea Salt and Black Peppers , Aubergine, Grilled , Cauliflower, frozen, boiled in unsalted water , Chick peas, whole, dried, boiled in unsalted water, Onions, baked , Tomato and basil sauce, Rapeseed oil, Curry powder , Morrocan Spices:Roasted Spices (Cumin, Coriander Seed), Dried Onion, Paprika, Dried Garlic, Black Pepper, Mint , Parsley, Salt, Cinnamon, Coriander Leaf, Yellow Mustard Seed, Coriander Seed, Spices, Anti-caking Agent (Calcium Silicate), Herbs, Cayenne Pepper.	<b>√</b>						√					✓			
																_

Salads	INGREDIENTS	SUITABLE FOR VEGETARIANS	PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN
HARISSA CHICKEN SALAD	Couscous:durum wheat, Chicken breast, grilled , Chick peas, split, dried, boiled in salted water, Spinach, Baby leaf, Yogurt MILK), Lemon, fresh , Harissa paste: Red Pepper , Rapeseed Oil, Dried Red Bell Pepper, Chilli Purée, Concentrated Lemon Juice, Dried Crushed Chilli, Salt, Smoked Paprika, Garlic Purée, Rose Petal, Paprika Extract, Smoked Chilli, Cumin, Coriander, Caraway Seed, Clove., Lemon juice, Olive oil, Pepper, black							✓	Wheat							
ROASTED SALMON, MIXED WILD RICE & CRANBERRY SALAD	Rice,Brown (59.6%),,Roasted <b>Salmon (FISH)</b> ,Lemon,fresh, Salad,Rocket (3.3%):Rocket Leaves,Spinach,Baby leaf,Vinegar white wine:Sulphur Dioxide/ <b>Sulphites</b> ,Dill,fresh,Mint,fresh, Parsley,fresh,Pepper,black,Olive oil,Sea Salt and Black Peppers,Lemon juice,Cranberries				✓										✓	
MOZZARELLA & ROASTED VEGETABLES SALAD	Roasted Vegetable Mix, <b>Cheese (MILK)</b> ,Mozzarella,Sun Dried Tomato,Salad,Rocket:Rocket Leaves,Vinegar: Sulphur Dioxide/ <b>Sulphites</b> ,Olive oil,Sea Salt and Black Peppers	√						<b>√</b>							✓	
PASTA PESTO WITH CHICKEN	Pasta based meal, :Durum <b>Wheat</b> Semolina,Chicken breast,grilled ,Salad,Rocket:Rocket Leaves,Tomatoes,cherry,raw, Mayonnaise :Water,Rapeseed Oil,Stabiliser; Modified,Starch E1414, Vinegar,Sugar,Sald, <b>Mustard</b> ,Flour,Pasteurised <b>Egg</b> Yolk,Stabilisers; Xanthan Gum E415,Preservative; E202,Acidity Regulator E330,Pesto sauce, Sunflower oil,Basil, <b>Cashew Nuts</b> nuts,Palm oil,Hard <b>Cheese</b> ( <b>MILK</b> ),Garlic, Parsley,fresh ,Sea Salt and Black Peppers,Lemon juice							√	Wheat		√		<b>√</b>			
PROTEIN POWER SALAD	Chicken breast,grilled, Avocado,average, Egg s,boiled ,Dressing,French :Rapeseed Oil,Water,White Wine Vinegar, Concentrated Lemon Juice,Onion,Extra Virgin Olive Oil, Mustard,Sugar,Red Wine Vinegar,Salt,Herbs (Parsley,Tarragon),Black Pepper,French Mustard, Celery Seed,Acidity Regulator Mustard Seed,Salt,Spices,French Mustard, Sweetcorn,Spinach,Baby leaf,Sea Salt and Black Peppers ,Olive oil,Chilli,crushed,Lemon juice,	<b>√</b>									✓		✓	<b>√</b>		
CHICKEN, EGG & PESTO PASTA	Pasta based meal:Durum Wheat Semolina,Chicken breast,grilled Egg s,boiled,Salad,Rocket, Rocket Leaves, Tomatoes,cherry,raw ,Balsamic,Vinegar:Wine Vinegar,Grape Must Concentrate,Cooked Grape Must,Antioxidant (Sulphur Dioxide),Pesto sauce:Sunflower oil,Basil, Cashew Nuts nuts,Palm oil,Hard Cheese (MILK),Garlic,Sea Salt and Black Peppers,Olive oil,							<b>√</b>	Wheat		✓				✓	
CHICKPEA FALAFEL, HOUMUS & VEG BOX	Flour, Sugar, Cumin, Coriander, Parsley, Black Pepper, Raising Agent Sodium Bicarbonate, Water, Rusk, (contains WHEAT Flour, Salt), Parsley, Rapeseed Oil, Kibbled Oil, Rice tarch, Corinder, Garlic Puree., Houmus: Chick Peas, Rapeseed Oil, Sesame Seed Paste, Citric Acid, Salt, Garlic, Preservatives, Butter (MILK) nut Squash (28.0%),, Spinach, Baby leaf,	✓						✓	Wheat							
GREEK SALAD, COUS COUS & ROCKET	Couscous salad mix:Carrots,Black pepper,Continental parsley, Coriander,Couscous ( durum wheat ),Cucumber,Fresh mint,Lemon juice,Olive oil,Red onions,Table salt,Tomato,Salad,Greek :Black olive,Black pepper,Continental parsley,Cucumber,Feta Cheese (MILK),Lemon juice,Olive oil,Spring onions,Table salt,Tomato cherry.,Lettuce,rocket,Chick peas, split,dried,boiled in	✓						<b>√</b>	Wheat							

## ALLERGENIC INGREDIENTS MATRIX

SWEET POTATO AND

THAI GREEN LENTIL

WILD MUSHROOM

COCONUT

CODE: SOUP SANDWICHMAN

WHEAT

MADE TODAY . SOLD TODAY

SOUP MENU **ASSESSOR NAME:** Kate Szlufik **DATE ASSESSED:** 16/12/2015 SUITABLE FOR VEGETARIANS SESAME SEEDS CRUSTACEANS SOYABEANS MOLLUSCS **PEANUTS TREENUTS** MUSTARD WEEK **GLUTEN**) CEREALS CELERY DAY EGGS FISH **SOUP INGREDIENTS** CHICK PEA AND SPINACH Chikpeas, Water, Onions, Spinach, Potato, Cauliflower, Tomato Puree, Garlic Puree, Whipping Cream (MILK), Vegetable WEEK 1 MON Bouillon (CELERY), Vegetable Oil, Bombay Spice Mix, Cumin, Red Chilli, Coriander, Black Pepper, DAHL CHICKEN AND VEGETABLE Water, Chicken, Carrots, Onions, CELERY, Leek, Cream (MILK), Pasta (WHEAT, EGG), Tapioca Starch, Chicken Stock, WEEK 1 TUES WHEAT Butter (MILK), Vegetable Bouillon, Garlic Puree, Parsley, **BROTH** Water, Chicken, Onion, Coconut, Noodles (WHEAT, EGG), Fish Sauce (FISH), Lemon Grass, Brown Sugar, Baby Corn, Red CHICKEN LAKSA Pepper, Spinach, Roast Chicken Stock ((Water, Chicken Stock, Chicken Fat), Flavourings, Glucose Syrup, Salt, Yeast Extract, WEEK 1 FRI WHEAT Vegetable Oil), Lime Juice, Ginger, Red Chilli, Modified Tapioca Starch, Rapeseed Pil, Turmeric. Water, Onion, Tomato, Red Lentils, Chicken, Rapeseed Oil, Garlic, Ginger, Lemon Juice (Lemon Juice, Preservative; CHICKEN SAMBAL WEEK 2 MON Potassium Metabisulphite E224, SULPHITES), Salt, Fenugreek Seeds, Coriander, Tamarind (Water, Tamarind), Chilli Powder Red Chilli Garam Masala Turmeric Coriander Powder Water, Tomato Passata, Onions, Minced Chicken, Green Peppers, Red Kidney Beans, Red Peppers, CELERY, Tomato Paste, CHILLI CHICKEN WEEK 1 Rice Flour, Salt, Organic Vegetable Stock (Sea salt, Yeast Extract, Rice Flour, Onion, CELERY, Carrot, Parsley, Tumeric), Red MON Chilli Puree, Cumin Powder, Chilli Powder, Cannellini Beans, Water, Carrot, Chorizo, Onion, Tomato, Bacon, Tomato Puree, Garlic, Maple Syrup, Roast Chicken Stock CHORIZO AND CANNELLINI (Water, Chicken Stock, Chicken Fat), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Lemon Juice, Modified WEEK 2 FRI **BEAN** Tapioca Starch, EGG, Butter (MILK), Balsamic Vinegar, Smoked Paprika. Water, Chicken, Noodles (WHEAT, EGG), Spinach, Green Pepper, Red Pepper, Onion, Chicken Stock ((Water, Chicken INDONESIAN CHICKEN AND WEEK 1 Stock), Flavourings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Vegetalble Stock (Water, Onion, Carrot Extract, WHEAT EVDAY Fomato, Celeriac (CELERY), Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar Flavourings, NOODLE & 2 Vegetable Oil), Green Chilli, Garlic, Ginger, Spices. Water, Tomatoes, Potatoes, Cannelini Beans, Tomato Puree, Red Onion, Carrot, CELERY, Red Pepper, Green Beans, Pasta, WEEK 1 ITALIAN MINESTRONE **THUR** WHEAT Spinach, Vegetable Bouillon, Tapioca Starch, Olive Oil, Garlic Puree, Basil. Vegetable Stock (CELERY), Parsnip, Carrot, Onion, Cream (MILK), Red Chilli, Cumin, Salt Black Pepper, Modified Tapioca PARSNIP & CHILLI WEEK 2 FRI Starch, EGG MEDITERRANEAN ROAST WEEK 1 TUE VEGAN Tomato, Water, Red Pepper, Onion, Olive Oil, Tomato Puree, Garlic, Vegetable Stock (CELERY), Salt, Sugar, Black Pepper. TOMATO AND PEPPER MOROCCAN SWEET POTATO WEEK 1 Vegetable Stock (CELERY), Tomato, Chikpeas, Sweet Potato, Onion, Red Pepper, Rapeseed Oil, Garlic, Harissa, Brown WED VEGAN Sugar, Red Chilli, Smoked Paprika, Ras El Hanout, Cumin, Salt. AND CHIKPEA & 2 RED THAT CHICKEN AND Water, Chicken, Sweet Potato, Coconut Flakes (SULPHITES), Onions, Aubergine, Tomato, Rice flour, Red Peppers, Double WEEK 1 Cream (MILK), Chicken Stock (EGG), CELERY Seeds, Turmeric, Garlic, Nutmeg, Red Curry Paste, Fish Sauce (FISH, THU & 2 COCONUT CRUSTACEANS), Coriander, Lime. Cannellini Beans, Water, Tomato, Meatballs (Pork, Beef, Potato, Onion, Yeast Extract, Spices), Onion, Carrot, Tomato Puree, TUSCAN MEATBALL SOUP CELERY, Rapeseed Oil, Vegetable Stock (CELERY), Salt, Brown Sugar, Ham Stock, Rosemary, Balsamic Vinegar, Garlic, WFFK 1 WFD Basil, Green Chilli.

WEEK 1

WEEK 2

WEEK 2

WEEK 2

Water, Sweet Potato, Carrots, Onions, CELERY, Flaked Coconut (SULPHITES), Soy Sauce Light (SOYA, WHEAT), Spring

Water, Red Split Lentils, Onion, Coconut, Green Lentils, Spinach, Spring Onion, Vegetable Stock (CELERY), Lemon Grass,

Water, Onions, Potatoes, Whipping Cream (MILK), Vegetable Bouillon (CELERY), Tapioca Starch, Wild Mushrooms, Garlic

Onions, Organic Vegetable Stock (CELERY), Ginger, Garlic, Coriander, Rice flour, Salt, Chilli.

Red Chilli, Coriander, Garlic Puree, Lime Juice, Ground Coriander, Paprika.

Puree, Mushroom Powder, Black Pepper.

FRI

THU

MON

TUE

VEGAN

VEGAN