

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 Salmon (FISH) ,Lemon,fresh, Salad,Rocket (3.3%):Rocket Leaves,Spinach,Baby leaf,Vinegar white wine:Sulphur Dioxide/ Sulphites ,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, Cheese (MILK) ,Mozzarella,Sun Dried Tomato,Salad,Rocket:Rocket Leaves,Vinegar : Sulphur Dioxide/ Sulphites ,Olive oil,Sea Salt and Black Peppers	✓						✓							✓	
PASTA PESTO WITH CHICKEN	Pasta based meal, :Durum Wheat Semolina,Chicken breast,grilled ,Salad,Rocket:Rocket Leaves,Tomatoes,cherry,raw, 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,Pesto sauce, Sunflower oil,Basil, Cashew Nuts nuts,Palm oil,Hard Cheese (MILK) ,Garlic, Parsley,fresh ,Sea Salt and Black Peppers,Lemon juice							✓	Wheat		✓		✓			
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,	✓									✓		✓	✓		
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,							✓	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, Couscous: durum wheat ,Chicken breast,grilled ,boiled in salted water, Lins, Mint fresh	✓						✓	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	✓						✓	wheat							

ALLERGENIC INGREDIENTS MATRIX

CODE: SOUP SANDWICHMAN



SOUP MENU

ASSESSOR NAME: Kate Szlufik

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 Chili, 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), Flavoursings, Glucose Syrup, Salt, Yeast Extract, Vegetable Oil), Lime Juice, Ginger, Red Chili, 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), Chili Powder, Red Chili, 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 Chili Puree, Cumin Powder, Chili 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), Flavoursings, 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), Flavoursings, 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 Flavoursings, Vegetable Oil), Green Chili, Garlic, Ginger, Spices.	WEEK 1 & 2	EVDAY								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 Chili, 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 Chili, 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 Chili.	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, Chili.	WEEK 1	FRI	VEGAN							WHEAT	✓				✓	✓	
R THAI GREEN LENTIL	Water, Red Split Lentils, Onion, Coconut, Green Lentils, Spinach, Spring Onion, Vegetable Stock (CELERY), Lemon Grass, Red Chili, 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	✓						✓						✓		