



# Allergen Matrix

## Shacklewell Spring/Summer 2024 Week One



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Cannellini Bean, Tomato & Red Pepper Pasta Bake					✓ Wheat								✓	
MSC Battered Fish				✓	✓ Wheat		✓							
Banana cake			✓		✓ Wheat									
Barbadian Ginger Cake			✓		✓ Wheat		✓							
BBQ Boston Beans	✓				✓ Wheat				✓					
Beef Bolognese with Wholemeal Penne Pasta					✓ Wheat									
Cajun Chicken Pasta Bake					✓ Wheat		✓						✓	
Cauliflower Steak in a Cheese Sauce					✓ Wheat		✓							
Freshly Cut Fruit														
Frozen Yoghurt							✓							
Homemade Quorn Sausage Roll			✓		✓ Barley, Wheat		✓							
Jacket Potato			✓	✓			✓							
Peri Peri Chicken Thigh	✓												✓	
Quorn and Melted Cheese Sliders			✓		✓ Barley, Wheat		✓		✓				✓	
R/S Fruit Rock Cakes			✓		✓ Wheat		✓						✓	
Uptake														
Vegan Nuggets					✓ Barley									
Yeo Valley Organic Yoghurt							✓							

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🔍 May contain    ✓ Does contain

\*Allergens in brackets are a May Contain.