



Allergen Matrix

Ellacombe Spring Menu 25



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Fruit salad														
J - 5 Bean Chilli, Rice & Nachos													✓	
J - Apple & Raspberry Cake			✓		✓ <i>Wheat</i>									?
J - Apple Crumble & Custard					✓ <i>Oats, Wheat (Barley*, Rye*)</i>		✓							?
J - Banana Marble Cake			✓		✓ <i>Wheat</i>									?
J - BBQ Chicken Pizza, Wedges & Salad Sticks					✓ <i>Wheat</i>		✓							?
J - Beef Bolognese, Spaghetti, Garlic Focaccia & Broccoli					✓ <i>Wheat</i>				?				✓	?
J - Breaded Fish, Chips & Beans				✓					✓					
J - Breaded Fish, Chips & Peas				✓					✓					



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Broccoli & Cauliflower Cheese Bake, Roast Potatoes, Gravy, Carrots & Cabbage							✓						✓	
J - Carrot Cake			✓		✓ Wheat									?
J - Cauliflower & Butternut Curry, Vegetable Rice & Naan					✓ Wheat				✓				✓	
J - Chicken Bites, Vegetable Rice & Beans					✓ Wheat									
J - Chicken Katsu Curry, Vegetable Rice & Naan					✓ Wheat				✓				✓	
J - Chipolata Sausages, Mash, Broccoli, Sweetcorn And Gravy													✓	
J - Chocolate Brownie			✓		✓ Wheat									?
J - Chocolate Krispie Cake					✓ Barley			✓						?
J - Creamy Chicken & Pesto Pasta Bake, Garlic Focaccia & Salad Sticks					✓ Wheat			✓					✓	?
J - Custard Cookie			?		✓ Wheat			✓						?
J - Fish Fingers, Chips & Beans				✓	✓ Wheat									



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Fish Fingers, Chips & Peas				✓	✓ Wheat									
J - Flapjack					✓ Oats (Barley*, Rye*, Wheat*)									
J - Fruit Platter														
J - Ice Cream Pot							✓							
J - Jacket Potato, Beans & Salad														
J - Jacket Potato, Cheese & Salad							✓							
J - Jacket Potato, Cheese, Beans & Salad							✓							
J - Jacket Potato, Tuna Mayo & Salad			✓	✓					✓					
J - Jam & Coconut Sponge			✓		✓ Wheat								✓	?
J - Jelly & Fruit														
J - Lemon Shortbread			?		✓ Wheat								✓	?



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Mustard



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Sesame



SO2



Soya

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Macaroni Cheese, Focaccia, Peas & Carrots					✓ Wheat		✓		✓				✓	✓
J - Margherita Pizza, Wedges & Salad Sticks					✓ Wheat		✓							?
J - Meatballs & Tomato Sauce, Pasta, carrots & Peas					✓ Wheat				✓				✓	?
J - Oaty Cookie					✓ Oats, Wheat (Barley*, Rye*)									?
J - Pulled Roast Beef, Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables And Gravy			✓		✓ Wheat		✓						✓	
J - Red Pepper Frittata, Chips & Beans			✓				✓							
J - Roast Chicken, Roast Potatoes, Seasonal Vegetables And Gravy													✓	
J - Roast Gammon, Roast Potatoes, Gravy, Carrots & Cabbage													✓	
J - Salmon Fingers, Chips & Beans				✓	✓ Wheat									



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Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Salmon Fingers, Chips & Peas					 Wheat									
J - Sandwich - 50/50 - Cheese					 Wheat									
J - Sandwich - 50/50 - Chicken					 Wheat									
J - Sandwich - 50/50 - Chicken Mayo					 Wheat									
J - Sandwich - 50/50 - Egg Mayo					 Wheat									
J - Sandwich - 50/50 - Ham					 Wheat									
J - Sandwich - 50/50 - Tuna Mayo					 Wheat									
J - Sausage Roll, Diced Potatoes, Salad Sticks & Slaw					 Wheat									
J - Sweet Potato & Lentil Curry With Vegetable Rice & Naan					 Wheat									
J - Tomato & Vegetable Pasta Bake, Focaccia & Sweetcorn					 Wheat									
J - Tomato & Vegetable Pasta Bake, Garlic Focaccia & Salad Sticks					 Wheat									



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Tuna Mayo Wrap			✓	✓	✓ Wheat				✓					
J - Vegetable & Bean Pie Topped With Mash, Roast Potatoes, Gravy & Seasonal Vegetables													✓	
J - Vegetable Fajita, Wedges & Salad Sticks					✓ Wheat		✓		?					
J - Vegetable Nuggets, Chips & Baked Beans					✓ Wheat									
J - Vegetable Nuggets, Chips & Peas					✓ Wheat									
J - Vegetable Stir Fry, Pasta & Sweetcorn					✓ Wheat				✓					?
J - Vegetable Wellington, Roast Potatoes, Vegetables & Gravy					✓ Wheat								✓	
J - Wrap - Cheese					✓ Wheat		✓		?					
J - Wrap - Ham					✓ Wheat				?					
J - Wrap - Hummus					✓ Wheat				✓				✓	

17/12/2024, 09:00

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Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

Vegetarian Bolognese with Spaghetti, Garlic Bread & Sweetcorn



Wheat



17/12/2024 09:00

May contain Does contain

*Allergens in brackets are a May Contain.