



Allergen Matrix

Exwick Heights Autumn 24



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Apple Muffin			✓		✓ <i>Wheat</i>									
J - Bacon Carbonara, Focaccia And Sweetcorn					✓ <i>Wheat</i>		✓		✓					?
J - Beef Bolognese, Pasta, Garlic Bread & Peas					✓ <i>Wheat</i>				✓				✓	?
J - Beef Lasagne, Garlic Bread And Peas			?		✓ <i>Wheat</i>		✓		✓				✓	?
J - Breaded Fish, Chips & Beans				✓					✓					
J - Brunch													✓	
J - Carrot & Courgette Chocolate Brownie					✓ <i>Wheat</i>									
J - Carrot Cake			✓		✓ <i>Wheat</i>									
J - Cauliflower & Butternut Curry, Plain Rice & Naan Bread					✓ <i>Wheat</i>				✓				✓	



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Cheese & Tomato Pizzini, Wedges & Peas			?		✓ Wheat		✓					?		
J - Chicken Bites, Chips & Salad Sticks					✓ Wheat									
J - Chicken Hot Pot, Broccoli & Sweetcorn												✓		
J - Chicken Katsu Curry, Naan Bread, Rice & Sweetcorn					✓ Wheat			✓				✓		
J - Chipolata Sausages, Mash & Baked Beans												✓		
J - Chocolate Cookie					✓ Oats, Wheat (Barley*)									
J - Chocolate Drizzle Shortbread					✓ Wheat (Barley*)		✓							✓
J - Custard Cookie			?		✓ Wheat		✓							
J - Fish Fingers, Chips & Peas				✓	✓ Wheat									
J - Flapjack					✓ Oats (Barley*, Wheat*)									
J - Hot Dog, Hash Brown & Peas			?		✓ Wheat		?					?	✓	?



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Ice Cream Pot							✓							
J - Iced Sponge			✓		✓ Wheat									
J - Jacket Potato, Beans & Salad														
J - Jacket Potato, Cheese & Salad							✓							
J - Jacket Potato, Cheese, Beans & Salad							✓							
J - Jacket Potato, Tuna Mayo & Salad			✓	✓					✓					
J - Jelly & Fruit														
J - Leek & Potato Bake, Roast Potatoes, Gravy, Carrots & Cabbage							✓						✓	
J - Lemon Drizzle Cake			✓		✓ Wheat								✓	
J - Macaroni Cheese, Focaccia, Broccoli & Sweetcorn					✓ Wheat		✓		✓				✓	✓
J - Marble Cake			✓		✓ Wheat									



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Crustaceans



Eggs



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Gluten



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Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Mushroom Biryani & Sweetcorn															
J - Pepperoni Pizza, Wedges & Sweetcorn															
J - Roast Chicken, Potatoes, Carrots, Cabbage And Gravy															
J - Roast Gammon, Potatoes, Vegetables & Gravy															
J - Roast Turkey, Roast Potatoes, Gravy, Carrots & Cabbage															
J - Rocket Lolly															
J - Salmon Fingers, Chips & Beans															
J - Shortbread															
J - Tomato & Basil Pasta Bake, Focaccia & Sweetcorn															
J - Vegan Bolognese, Penne Pasta, Focaccia And Peas															
J - Vegetable Lasagne, Garlic Focaccia & Peas															



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J - Vegetable Nuggets, Chips & Peas					✓ Wheat									
J - Vegetable Wellington, Roast Potatoes, Vegetables & Gravy					✓ Wheat								✓	
J - Vegetarian Brunch					✓ Wheat									
J - Vegetarian Hot Pot And Sweetcorn													✓	
J - Vegetarian Sausage, Chips & Beans					✓ Wheat									
J - Vegetarian Sausage, Chips And Sweetcorn					✓ Wheat									
J - Yorkshire Pudding Vegetable Cottage Pie, Gravy, Potatoes, Carrots & Cabbage			✓		✓ Wheat		✓						✓	