**Lavender Country Kitchen Allergen Matrix – School Main Meals – Reviewed September 2024**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dishes | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing gluten\*** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts†** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| Savoury Mince & Mash |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Nuggets |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Roast Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vege Fillet |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Macaroni Cheese |  | **✓** |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| Roasted Veg Lasagne |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Sausages |  | **✓** |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| Mashed Potato |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Vegetarian Sausage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cod Fishcake |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| Pesto & Cherry Tomato Pasta |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Beef Lasagne |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Garlic Bread |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Roasted Vegetable Pasta |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Beef |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yorkshire Pudding |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Chicken & Sweetcorn Pizza |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Cheese & Tomato Pizza |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Chicken Nuggets |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |

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| Herby Dice Potato |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Bean Chilli Jacket Potato |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Battered Fish |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| Spaghetti Hoops |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Fishless Fingers |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Meatballs in Tomato Sauce  |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese and Broccoli Bake |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Chicken & Sweetcorn Pizza |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Cheese & Tomato Pizza |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
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| Chicken Korma |  |  |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet and Sour Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese & Onion Pasty |  | **✓** |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| Med Veg Gnocchi |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Tomato Pasta Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Pork |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potato Croquettes |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Nuggets |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |

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| Review date: |  | Reviewed by: |  |  |  |  | You can find this template, including more information at [www.food.gov.uk/allergy](file:///C%3A%5CUsers%5Claven%5CDownloads%5Cwww.food.gov.uk%5Callergy)-guidance |

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| Tomato Soup & Focaccia |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Hash browns |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish Fingers |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| Vegetable Fingers |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Bolognaise Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stuffed Peppers |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Potato Waffles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausage Roll |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Salmon Fishcake |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| Smilies |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Macaroni Cheese |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Chilli Con Carne |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Goujons |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Burger in a Bun |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Bean Burger in a Bun |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Jacket Potato Cheese/Beans |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Jacket Potato Tuna & Mackerel Mayo |  |  |  | **✓** | **✓** |  |  |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |

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| Ham Packed Lunch |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Cheese Packed Lunch |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Egg Mayo Packed Lunch |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Tuna Mayo Packed Lunch |  | **✓** |  | **✓** | **✓** |  | **✓** |  |  |  |  |  |  |  |
| Chicken & Bacon Mayo Wrap Packed Lunch |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
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