






ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Sausage Roll, Baked Beans Mini Waffles

Date: 1/10/25 Chef:

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Lupin	<input checked="" type="checkbox"/>	Milk	<input type="checkbox"/>	Mollusc	<input type="checkbox"/>	Mustard	<input type="checkbox"/>	Nuts
<input type="checkbox"/>	Peanuts	<input type="checkbox"/>	Sesame seeds	<input type="checkbox"/>	Soya	<input type="checkbox"/>	Sulphur Dioxide	<input checked="" type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Sausage Roll contains Dairy & Gluten
Mini Waffles contain Gluten (may contain Dairy and Egg)






Reviewed and checked by: Paula Mackey



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Dish/ingredient: Quorn Korma, Rice & Naan Bread

Date: 1/10/25 Chef:

<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Lupin	<input checked="" type="checkbox"/>	Milk	<input type="checkbox"/>	Mollusc	<input checked="" type="checkbox"/>	Mustard	<input type="checkbox"/>	Nuts
<input type="checkbox"/>	Peanuts	<input type="checkbox"/>	Sesame seeds	<input checked="" type="checkbox"/>	Soya	<input type="checkbox"/>	Sulphur Dioxide	<input checked="" type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Quorn Pieces (57479) may contain Mustard
Bread mix contains Dairy, Egg and Gluten may contain Soya
Korma Sauce contains MILK

Reviewed and checked by: Paula Mackey

















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Dish/ingredient: Spaghetti Bolognese & Crusty Bread

Date: 1/10/25

Chef:

 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
 Lupin	 Milk	 Mollusc	 Mustard	 Nuts
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide	TICK THE ALLERGENS WHICH ARE IN THE DISH
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Notes: Spaghetti contains Gluten
Bread Mix contains Dairy, Egg and Gluten may contain Soya
(If Making a Vegi version -Quorn Mince contains Egg)

Reviewed and checked by: Paula Mackey

















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Dish/ingredient: Cheese or Pepperoni Pizza, Coleslaw & Jacket

Date: 1/10/25

Chef:

 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
 Lupin	 Milk	 Mollusc	 Mustard	 Nuts
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide	TICK THE ALLERGENS WHICH ARE IN THE DISH
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Notes: Pizza base contains Dairy & Gluten may contain Egg and Soya
Pepperoni contains Milk
Cheese contains Milk
Mayo contains Egg

Reviewed and checked by: Paula Mackey



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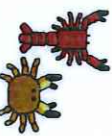
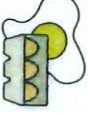










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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Roast Chicken , Veg Roast Potatoes & Gravy

Date: 1/10/25

Chef:

<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Gravy contains Soya (May contain Gluten)

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Quorn Mince & Veg Pie Roast Potatoes Gravy

Date: 1/10/25

Chef:

<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Pastry contains Gluten may contain Soya
Gravy contains Soya (May contain Gluten)
Quorn Mince contains Egg
Recipe contains Egg

Reviewed and checked by: Paula Mackey
















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ALLERGENS. CHEF RECIPE CARDS

Dish/ingredient: Cottage Pie & Diced Carrots

Date: 1/10/25

Chef:

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>
TICK THE ALLERGENS WHICH ARE IN THE DISH									

Notes: Gravy contains Soya (May contain Gluten)
Mashed Potato contains Milk

Reviewed and checked by: Paula Mackey















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Dish/ingredient: Chicken & Bacon Pasta with Broccoli

Date: 1/10/25

Chef:

<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>
TICK THE ALLERGENS WHICH ARE IN THE DISH									

Notes: Pasta contains Gluten
Cheese contains Milk
Quorn pieces (57479) may contain Mustard

Reviewed and checked by: Paula Mackey





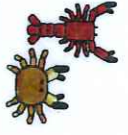









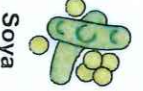

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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Fish Fingers Chips and Peas

Date: 1/10/25

Chef:

<input type="checkbox"/> Celery 	<input checked="" type="checkbox"/> Cereals containing gluten 	<input type="checkbox"/> Crustaceans 	<input type="checkbox"/> Eggs 	<input checked="" type="checkbox"/> Fish 
<input type="checkbox"/> Lupin 	<input type="checkbox"/> Milk 	<input type="checkbox"/> Mollusc 	<input type="checkbox"/> Mustard 	<input type="checkbox"/> Nuts 
<input type="checkbox"/> Peanuts 	<input type="checkbox"/> Sesame seeds 	<input type="checkbox"/> Soya 	<input type="checkbox"/> Sulphur Dioxide 	<input checked="" type="checkbox"/> TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Fish Fingers contain Fish and Gluten
Quorn Fishless Fingers contain Gluten

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Veg Burrito, salad & Salsa

Date: 1/10/25

Chef:

<input type="checkbox"/> Celery 	<input checked="" type="checkbox"/> Cereals containing gluten 	<input type="checkbox"/> Crustaceans 	<input type="checkbox"/> Eggs 	<input type="checkbox"/> Fish 
<input type="checkbox"/> Lupin 	<input checked="" type="checkbox"/> Milk 	<input type="checkbox"/> Mollusc 	<input type="checkbox"/> Mustard 	<input type="checkbox"/> Nuts 
<input type="checkbox"/> Peanuts 	<input type="checkbox"/> Sesame seeds 	<input type="checkbox"/> Soya 	<input type="checkbox"/> Sulphur Dioxide 	<input checked="" type="checkbox"/> TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Wraps contain Gluten
Cheese contains Milk

Reviewed and checked by: Paula Mackey






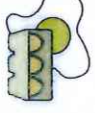










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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Cherry Shortbread

Date: 1/10/25

Chef:

 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Lupin	 Milk	 Mollusc	 Mustard	 Nuts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide	TICK THE ALLERGENS WHICH ARE IN THE DISH
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Notes: Flour contains Gluten may contain Soya
Semolina contains Gluten
Cherries contain Sulphur Dioxide

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Jam Tart & Custard

Date: 1/10/25

Chef:

 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
 Lupin	 Milk	 Mollusc	 Mustard	 Nuts
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide	TICK THE ALLERGENS WHICH ARE IN THE DISH
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Notes: Tart contains Gluten & Egg & Milk (may contain Soya)
Custard contains Milk

Reviewed and checked by: Paula Mackey




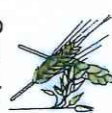











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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Fruit Jelly & Cream

Date: 1/10/25

Chef:

<input type="checkbox"/>	 Celery	<input type="checkbox"/>	 Cereals containing gluten	<input type="checkbox"/>	 Crustaceans	<input type="checkbox"/>	 Eggs	<input type="checkbox"/>	 Fish
<input type="checkbox"/>	 Lupin	<input checked="" type="checkbox"/>	 Milk	<input type="checkbox"/>	 Mollusc	<input type="checkbox"/>	 Mustard	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	 Peanuts	<input type="checkbox"/>	 Sesame seeds	<input type="checkbox"/>	 Soya	<input type="checkbox"/>	 Sulphur Dioxide	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Notes: Cream contains Milk






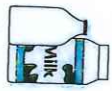






Reviewed and checked by: Paula Mackey

You can find this template and others, including more information at www.food.gov.uk/allergy

Dish/ingredient: Apple & Raisin Flapjack

Date: 1/10/25

Chef:

<input type="checkbox"/>	 Celery	<input checked="" type="checkbox"/>	 Cereals containing gluten	<input type="checkbox"/>	 Crustaceans	<input type="checkbox"/>	 Eggs	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	 Lupin	<input type="checkbox"/>	 Milk	<input type="checkbox"/>	 Mollusc	<input type="checkbox"/>	 Mustard	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	 Peanuts	<input type="checkbox"/>	 Sesame seeds	<input type="checkbox"/>	 Soya	<input type="checkbox"/>	 Sulphur Dioxide	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Notes: Oats contain Gluten

Reviewed and checked by: Paula Mackey

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