















ALLERGENS: CHEF RECIPE CARD

Dish/ingredient: Shortbread Finger

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

Notes: Flour contains Gluten may contain Soya
Semolina contains Gluten

Reviewed and checked by: Paula Mackey



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







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

ALLERGENS: UTEP RECIPE CARD

Dish/ingredient:

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

Notes:

Reviewed and checked by: Paula Mackey



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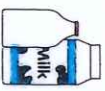






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ALLERGENS: CHEF RECIPE CARDS

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

Notes: Cream contains Milk

Reviewed and checked by: Paula Mackey



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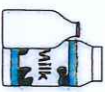






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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Iced Fairy Cake

Date: 1/10/25

Chef:

<input type="checkbox"/>	 Celery	<input checked="" type="checkbox"/>	 Cereals containing gluten	<input type="checkbox"/>	 Crustaceans	<input checked="" type="checkbox"/>	 Eggs	<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"/>	<input type="checkbox"/>
<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: C/R Sponge Mix contains Dairy, Egg, Gluten may contain Soya

Reviewed and checked by: Paula Mackey



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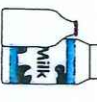







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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Oat Cookies

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 checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

Notes: Oats contain Gluten (May contain Wheat)
Flour contains Gluten (Wheat) (May contain Soya)

Reviewed and checked by: Paula Mackey









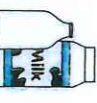







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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Chocolate Chip Muffin

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 checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

Notes: Choc muffin mix contains Dairy, Egg, Gluten may contain Soya
Choc chips contain Soya may contain Dairy

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Fish Fingers or Fishless Fingers, Peas Chips

Date: /10/25

Chef:

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

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















Reviewed and checked by: Paula Mackey

ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Tomato & Basil Pasta Bake with Salad

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

Notes: Pasta contains Gluten
Cheese contains Milk

To Make Gluten free use Gluten Free Pasta







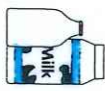





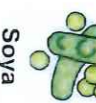

Reviewed and checked by: Paula Mackey

ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Quorn Vegan Nuggets, Mixed Veg Rice

Date: 1/10/25

Chef:

 Celery	<input type="checkbox"/>	 Cereals containing gluten	<input checked="" type="checkbox"/>	 Crustaceans	<input type="checkbox"/>	 Eggs	<input type="checkbox"/>	 Fish	<input type="checkbox"/>
 Lupin	<input type="checkbox"/>	 Milk	<input checked="" 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 type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH	<input checked="" type="checkbox"/>

Notes: Quorn Vegan Nuggets contain Gluten
Korma Sauce contains Milk

Reviewed and checked by: Paula Mackey









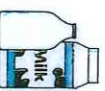







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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: All in Stew Crusty Bread

Date: 1/10/25

Chef:

 Celery	<input type="checkbox"/>	 Cereals containing gluten	<input checked="" type="checkbox"/>	 Crustaceans	<input type="checkbox"/>	 Eggs	<input checked="" type="checkbox"/>	 Fish	<input type="checkbox"/>
 Lupin	<input type="checkbox"/>	 Milk	<input checked="" 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 checked="" type="checkbox"/>	 Sulphur Dioxide	<input type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH	<input checked="" type="checkbox"/>

Notes: Flour contains Gluten may contain soya
Beef Stock Cubes contain Gluten
Bread Mix contains Dairy, Egg, Gluten and may contain soya

Reviewed and checked by: Paula Mackey









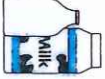







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ALLERGENS: CHEF RECIPE CARD

Dish/ingredient: Gammon or Quorn Fillet Roast Potatoes & Gravy

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

Notes: Gravy contains Soya (May contain - Gluten)
Quorn Fillet contains Gluten

Reviewed and checked by: Paula Mackey




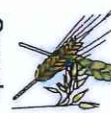












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ALLERGENS: CHEF RECIPE CARD

Dish/ingredient: Baked Cherry tomato Frittata, Wedges & Side Salad

Date: 1/10/25

Chef:

<input type="checkbox"/>	 Celery	<input type="checkbox"/>	 Cereals containing gluten	<input type="checkbox"/>	 Crustaceans	<input checked="" 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: Frittata contains Egg and Milk
Cheese contains Milk

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Cheese & Potato Pie with Baked Beans

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

Notes: Pastry contains Gluten may contain Soya
Cheese contains Milk
Mashed Potato contains Milk

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Chicken Korma, Basmati Rice & Naan Bread

Date: 1/10/25

Chef:

<input type="checkbox"/>	 Celery	<input checked="" type="checkbox"/>	 Cereals containing gluten	<input type="checkbox"/>	 Crustaceans	<input checked="" 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 checked="" type="checkbox"/>	 Soya	<input type="checkbox"/>	 Sulphur Dioxide	<input checked="" type="checkbox"/>	TICK THE ALLERGENS WHICH ARE IN THE DISH

Notes: Korma Sauce contains Dairy
Bread Mix contains Dairy, Gluten, Egg and may contain Soya

Reviewed and checked by: Paula Mackey

















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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Sausage, Mash, Onion Gravy, Garden Peas

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

Notes: Pork Sausage contains Gluten and Sulphur Dioxide
 Halal Chicken Sausage contains Gluten and Sulphur Dioxide
 Quorn Sausage contains Gluten
 Mashed Potato contains milk
 Gravy Granules contain Soya (May contain Gluten)

Reviewed and checked by: Paula Mackey



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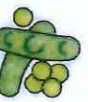

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ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient: Quorn Bolognese & Garlic 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 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 Mince contains Egg
 Dry Spaghetti contains Gluten
 Bread Mix contains Dairy, Egg, Gluten and may contain Soya

Reviewed and checked by: Paula Mackey



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