



# Allergen Matrix

## Lifton - Spring 25



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Chilli Beef, Rice, Nachos and Peas													✓	
Hunters Chicken, Diced Potatoes and seasonal veg							✓						✓	
Iced Bun			✓		✓ <i>Wheat</i>		✓							
J - 5 Bean Chilli, Rice & Nachos													✓	
J - ABC Cake (Unprepped Veg)			✓		✓ <i>Wheat</i>									
J - Apple Cake & Custard			✓		✓ <i>Wheat</i>		✓							
J - Banana Marble Cake			✓		✓ <i>Wheat</i>									
J - BBQ Chicken Pizza, Wedges & Salad Sticks					✓ <i>Wheat</i>		✓							
J - Beef Bolognese, Pasta & Sweetcorn					✓ <i>Wheat</i>				✓				✓	?



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Breaded Fish, Chips & Beans				✓					✓					
J - Carrot & Courgette Chocolate Brownie					✓ <i>Wheat</i>									
J - Carrot Cake			✓		✓ <i>Wheat</i>									
J - Cauliflower & Butternut Curry, Vegetable Rice & Naan					✓ <i>Wheat</i>				✓				✓	
J - Cheese & Potato Pasty, Chips & Beans					✓ <i>Wheat</i>		✓						✓	
J - Chicken Biryani & Peas					Ⓜ <i>(Wheat*)</i>				✓				✓	
J - Chicken Bites, Chips & Beans					✓ <i>Wheat</i>									
J - Chicken Katsu Curry, Vegetable Rice And Naan					✓ <i>Wheat</i>				✓				✓	
J - Chocolate Krispie Cake					✓ <i>Barley</i>		✓							Ⓜ
J - Custard Cookie			Ⓜ		✓ <i>Wheat</i>		✓							
J - Fish Fingers, Chips & Peas				✓	✓ <i>Wheat</i>									



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Fruit Platter															
J - Fruity Flapjack					 Oats (Barley*, Rye*, Wheat*)										
J - Halloumi Burger, Wedges & Salad					 Wheat										
J - Homity Pie, Roast Potatoes, Carrots & Cabbage					 Wheat										
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 - Macaroni Cheese, Bacon, Focaccia & Peas					 Wheat										
J - Macaroni Cheese, Focaccia And Carrots					 Wheat										



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



SO2



Soya

J - Margherita Pizza, Wedges & Peas					✓ Wheat		✓							
J - Meatballs & Tomato Sauce, Pasta & Peas					✓ Wheat				✓				✓	?
J - Oaty Cookie					✓ Oats, Wheat (Barley*, Rye*)									
J - Red Pepper Frittata, Chips & Beans			✓				✓							
J - Roast Chicken, Roast Potatoes, Seasonal Vegetables And Gravy													✓	
J - Roast Pork, Roast Potatoes, Gravy, Carrots & Cabbage													✓	
J - Roast Turkey, Roast Potatoes, Gravy, Carrots & Cabbage													✓	
J - Salmon Fingers, Chips & Beans				✓	✓ Wheat									
J - Toad In The Hole, Mashed Potato, Peas, sweetcorn & Gravy			✓		✓ Wheat		✓						✓	
J - Tomato & Vegetable Pasta Bake, Focaccia & Peas					✓ Wheat		✓		✓				✓	?



	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
J - Vegan Bolognese, Penne Pasta & Sweetcorn					✓ Wheat				✓				✓	✓
J - Vegetable Fajita, Rice & Sweetcorn					✓ Wheat		✓							
J - Vegetable Nuggets, Chips & Beans					✓ Wheat									
J - Vegetable Wellington, Roast Potatoes, Vegetables & Gravy					✓ Wheat								✓	
J - Vegetarian Hot Dog, Wedges & Slaw			✓		✓ Wheat		?		✓			?	?	?
J - Vegetarian Sausage, Mash, Seasonal Vegetables & Gravy					✓ Wheat								✓	
Jam Tart					✓ Wheat									
Peach Cobbler & Custard					✓ Wheat		✓							
Peaches & Ice Cream							✓							?