

WEEK 2

Allergen Chart Primary School Spring/Summer 2026



Recipe Description Contains X May Contain O	Peanuts	Eggs	Nuts	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Milk	Cereals containing Gluten	Soya	Sesame seeds	Celery	Mustard	Lupin	Sulphur Dioxide
MONDAY														
Cheese & Onion Roll							X	X						
Vegan Sausage Roll								X						
Potato Wedges														
Mousse							X							
TUESDAY														
Caribbean Chicken														
Vegetable Enchilada							X					X		
Rice														
Apple & Oat Cookie							O	X						
WEDNESDAY														
Roast Pork														
Vegetarian Toad in the Hole		X					X	X	X					
Roast Potatoes														
Yorkshire Pudding		X					X	X						
Sticky Toffee Pudding		X					X	X						
Ice Cream							X							
THURSDAY														
Ham														X
Sweetcorn Fritter		X					X	X						
New Potatoes														
Fruit Salad														
FRIDAY														
Chicken Dippers								X			X			
Quorn Dippers								X						
Chips														
Chocolate Crunch		X						X						
Tomato Pasta								X						

The chart should be marked to signify where allergens are present; a blank square signifies that none of the above allergens are contained in the recipe.