

EXPLODED ALLERGEN MATRICES



This document includes the allergen information for our Autumn 2026 primary lunch menu. Due to local variations on menus, there may be dishes in this report that are not available. Please refer to the school's lunch menu for available dishes.

We rely on information provided by our suppliers and manufacturers which is updated in our systems daily. The information within this document was accurate at the time of printing on -

08/26

All meals for pupils with allergies must be pre-ordered at least one week in advance.

Our exploded allergen information lists every ingredient in a dish and highlights exactly where any of the 14 main allergens appear, so you can make informed choices with confidence.



IFG

KEY

YES = contains

M = may contain

X = does not contain

* indicates sub recipe

Recipe Name	StarChef Key	Cereals containing Gluten:		Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
WEEK 1																															
AA Primary Margherita Pizza & Oven Baked Wedges 1019535 (Yield 12p	1019535	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Violife Mat Cheddar Flav Grated 1x500g	2517	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
TUGO Pizza Sauce 5x3kg	1024345	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Farm Frites Plain Skin on Wedges 1x2.5kg	2563	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
White Rabbt gluten free pizza bse 10" 1x15 [225g]	2569	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sharpak 650cc Microwave Base & Lid 1 x 250	1001574	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AA Primary Roasted Vegetable Pizza & Oven Baked Wedges 1015880 (Y	1015880	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
TUGO Pizza Sauce 5x3kg	1024345	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Violife Mat Cheddar Flav Grated 1x500g	2517	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
White Rabbt gluten free pizza bse 10" 1x15 [225g]	2569	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Primary Italian Roasted Vegetables 10228 (Yield 50ptn/s) *	10228	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Farm Frites Plain Skin on Wedges 1x2.5kg	2563	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Primary Green Beans & Sweetcorn 1027714 (Yield 100ptn/s)	1027714	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sweetcorn 1x1kg	2725	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Cut Green Beans 1x2.5kg	1005422	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Chocolate Shortbread 3859 (Yield 96ptn/s)	3859	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
GF Self Raising Flour 5x1kg	1015736	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Cooking & Baking 36x250g	2803	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Caster Sugar 1x25kg	2827	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Arriba Cocoa 1x1kg	2752	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Mixed Bean Bolognaise With Penne pasta (may contain soy	1019604	X	X	X	X	X	X	X	X	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Peppers Yellow PK 5kg	2789	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Peppers Red PK 5kg	2788	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Peppers Green PK 5kg	2787	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Onions Large PK 1x20kg	2607	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cooks & Co Garlic Puree 1x1.2kg	2625	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Tomato Paste 1x800g (KC1)	3062	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Extended Life Rapeseed Oil 1x20 ltr	2613	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Chopped Tomatoes in Juice 1x 2.5kg	2551	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Oregano 1x100g	1003062	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chef William Table Salt 1x6kg	2623	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Cracked Black Pepper 425g	2693	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Smoked Paprika 1x450g	1003073	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

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Recipe Name	StarChef Key	Cereals containing Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
AA Primary Baked Mac 'n 'Cheese 1008178 (Yield 10ptn/s)	1008178	X	X	X	X	X	X	YES	X	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Cooking & Baking 36x250g	2803	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chef William Table Salt 1x6kg	2623	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Ground Black Pepper 1x500g	2703	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tap Water	2874	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Herb Curly Parsley Bunched BB 1x250g	2631	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
GF Plain White Flour 5x1kg	2484	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Glebe Farm Oat Barista Drink GF 6x1ltr	4019	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Violife Mat Cheddar Flav Grated 1x500g	2517	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Garofalo Gluten Free Penne Rigate 1x400g	2664	X	X	X	X	X	X	X	X	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary BBQ Chicken Loaded Mac n Cheese1015542 (Yield 10 Ptn/s)	1015542	X	X	X	X	X	X	YES	X	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Cooking & Baking 36x250g	2803	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chef William Table Salt 1x6kg	2623	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Ground Black Pepper 1x500g	2703	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tap Water	2874	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Herb Curly Parsley Bunched BB 1x250g	2631	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
GF Plain White Flour 5x1kg	2484	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Glebe Farm Oat Barista Drink GF 6x1ltr	4019	X	X	X	X	X	X	YES	X	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Garofalo Gluten Free Penne Rigate 1x400g	2664	X	X	X	X	X	X	X	X	X	X	X	M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
N GG Diced Chicken Thigh 4x2.5kg	1028856	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary BBQ Sauce 1008871 (Yield 25ptn/s) *	1008871	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Violife Original Grated 1x175g	1015267	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Primary Rainbow Vegetables 1027721 (Yield 100ptn/s)	1027721	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Mixed Vegetables 1x2.5kg	769	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Apple Pie 1028533 (Yield 50ptn/s)	1028533	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Solid Pack Apples 1x2.6kg	2549	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Caster Sugar 1x25kg	2827	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Ground Cinnamon 1x450g	2668	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
GF Plain White Flour 5x1kg	2484	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Cooking & Baking 36x250g	2803	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tap Water	2874	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Glebe Farm Oat Barista Drink GF 6x1ltr	4019	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Vegetable Sausage Mashed Potatoes & Gravy 10797 (Yield 10 Ptn/s)	10797	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Potatoes Red PK 1x20kg	2774	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Knorr Gluten Free Gravy Granules Meat Dishes makes 75ltr (1 x 6kg)	1005086	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Essentials Vegetable Sausage 35 x 50g	3844	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Cooking & Baking 36x250g	2803	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

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Recipe Name	StarChef Key	Cereals containing Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
Brakes Cooking & Baking 36x250g	2803	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Primary Broccoli & Roasted Carrots 1027718 (Yield 20 ptn/s)	1027718	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Broccoli PK 6kg	2353	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Carrots Catering C2 PK 12.5kg	2533	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Vegetable Sausages with Roast Potatoes and Gravy 1017156	1017156	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Knorr Gluten Free Gravy Granules Meat Dishes makes 75ltr (1 x 6kg)	1005086	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Potatoes Red PK 1x20kg	2774	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chef William Table Salt 1x6kg	2623	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tap Water	2874	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Ground White Pepper 1x525g	1003057	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Essentials Vegetable Sausage 35 x 50g	3844	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Roast Chicken Breast With Roast Potatoes & Gravy 1019434 (Yield 10ptn/s)	1019434	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Ess Non-halal Chicken Fillet 1x5kg	1027777	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Potatoes Red PK 1x20kg	2774	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Knorr Gluten Free Gravy Granules Meat Dishes makes 75ltr (1 x 6kg)	1005086	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Chef William Table Salt 1x6kg	2623	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tap Water	2874	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Watermelon Wedge 1009303 (Yield 10ptn/s)	1009303	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Melon Water Size 6 1x Each	2349	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Cauliflower & Chickpea Korma with Carrot Rice 1028696 (Yield 70ptn/s) *	1028696	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Potatoes Red PK 1x20kg	2774	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Coconut Milk CASE [400 ml]	2542	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Std Curry Powder 1x500g	2690	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ginger BB 300g	2797	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cooks & Co Garlic Puree 1x1.2kg	2625	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Extended Life Rapeseed Oil 1x20 ltr	2613	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tap Water	2874	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brakes Vegetable Bouillon Paste 1x1kg	2616	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Classic Turmeric 1x500g	2689	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Primary Carrot Rice 3286 (Yield 70ptn/s) *	3286	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Onions Large PK 1x20kg	2607	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sysco Clasic Cornflour 1x3.5kg	2511	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Herb Coriander Bunched BB 1x100g	2578	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Royal Crown Chick Peas in Water 1x2.5kg	189	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cauliflower PK 1x8	1001800	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
AA Primary Chicken & Chickpea Korma With Carrot Rice 1028705 (Yield 70ptn/s) *	1028705	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Potatoes Red PK 1x20kg	2774	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

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