

ALLERGEN MATRIX SEP 2025 (Updated 15/09/25)

AFTER SCHOOL CLUB

BREAKFAST CLUB

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
White / Wholemeal Wraps Ham Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2, 7	Hotdogs BabyBels Vegetarian Option Quorn Slices 1 Fruit variety 1 Vegetable variety Allergens: 1, 2, 4, 7, 9, 12, 13	Toasted Pitta Cheese Chicken Slice 1 Fruit variety 1 Vegetable variety Allergens: 2, 4, 7, 12	Tomato Soup Wholemeal Toast Cheese Slices 1 Fruit variety 1 Vegetable variety Allergens: 2, 7, 13	Pasta and Sweetcorn with Tomato & Mascarpone Grated Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2, 7

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
White / Wholemeal Wraps Ham Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2,7	Toasted Pitta With a Choice of Hummus Cucumber Carrot Stick Cream Cheese 1 Fruit variety Allergens: 2, 7, 12	Pasta and Sweetcorn with Tomato & Mascarpone Grated Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2, 7	Spaghetti Hoops Wholemeal Toast Grated Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2, 7, 13	Bagels With a Choice of Cream Cheese and Cucumber Chicken Slices 1 Fruit variety 1 Vegetable variety Allergens: 2, 4, 7, 12

Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
White / Wholemeal Wraps Ham Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2,7	Crumpets Cheese Chicken Slices 1 Fruit variety 1 Vegetable variety Allergens: 2, 4, 7, 12	Hotdogs BabyBels Vegetarian Option Quorn Slices 1 Fruit variety 1 Vegetable variety Allergens: 1, 2, 4, 7, 9, 12, 13	Beans on Wholemeal Toast Grated Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2, 7, 13	Salmon and Pasta and Cream Cheese 1 Fruit variety 1 Vegetable variety Allergens: 2, 5, 7,

Available Daily			
Cereal	White and Brown Toast	Fruit	Drinks
Rice Snaps	Jam	Bananas	Water
Malt Wheats	Marmite	Apples	Milk
Cornflakes	Marmalade		
Wheat Biscuits			
Allergens: 2	Allergens: 2, 13		Allergens: 7

Condiments available;

Ketchup

Mayonnaise (Allergens: 4, 9)

Sandwich pickle (Allergens: Sulphites)

Soft Spread

Yeast Extract (Allergens: 1, 2)

ALLERGENS

1- Celery

2- Cereals containing gluten

3- Crustaceans

4- Eggs

5- Fish

6- Lupin

7- Milk

8- Molluscs

9- Mustard

10- Nuts

11- Peanuts

12- Sesame Seeds

13 -Soya

14- Sulphar Dioxide

IMPORTANT

THIS LIST IS BASED ON STANDARD INGREDIENTS. DUE TO SUBSTITUTIONS AND RECIPE CHANGES, PLEASE ALWAYS CHECK FOOD PACKAGING TO CONFIRM ALLERGENS