

# FS13 Pre-Service Allergen Checker Tool

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2. Record the name of every item and tick the boxes for every allergen contained in each dish.
3. Ensure that no dishes are garnished or have ingredients added after the document has been completed.
4. Brief all food preparation and food service team members on which items contain what allergens.
5. Leave the completed form accessible for Allergy Champions to locate & response to customer queries.

Dish/Menu item	Peanuts colleges only		Tree Nuts colleges only		Gluten	Sesame	Molluscs	Fish / Fish Sauce	Soya / Soybeans	Celery / Celeriac	Shellfish / Crustaceans	Eggs	Milk	Mustard	Lupin	Sulphites	
Spring menu 2019																	
MONDAY WEEK 1																	
CHICKEN & BEAN FAJITAS					X												
VEGETABLE WHOLEMEAL PASTA BAKE					X								X				
POTATO WEDGES																	
SWEETCORN																	
GREEN BEANS																	
APPLE & STRAWBERRY STRUDEL					X												
CUSTARD													X				
YOGHURT													X				
FRESH FRUIT																	
BREAD					X			X				X	X				
Form Completed By (Print Name): R TEMPLEMAN	Service Period (Circle One) Breakfast <u>Lunch</u> Evening All Day Offer Grab & Go						Location Name:										
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Spring menu 2019																	
TUESDAY WEEK 1																	
SAVOURY BEEF MINCE MACARONI PASTITSIO					X								X				X
WHOLEMEAL CHEESE & TOMATO QUICHE					X							X	X				
NEW POTATOES																	
CAULIFLOWER																	
GRDEN PEAS																	
PEAR CRUMBLE					X												
CUSTARD													X				
YOGHURT													X				
FRESH FRUIT																	
BREAD					X				X			X	X				
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Spring menu 2019														
WEDNESDAY WEEK 1														
ROAST CHICKEN CHICKEN														X
STUFFING			X											
GRAVY GRANULES <span style="color: red;">MAY CONTAIN</span>							X	X		X	X	X		
GRAVY MIX			X											
SPICED VEGETABLE CHICKPEA AND SOYA PATTIE			X				X				X	X		
CARROT & SWEDE MASH														
OATY COOKIE			X											
YOGHURT											X			
FRESH FRUIT														
BREAD			X				X			X	X			
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Spring menu 2019																	
THURS WEEK 1																	
MILD CHILLI CON CARNE				X													
RICE																	
QUORN SAUSAGE IN A HOT DOG ROLL				X	X							X	X				
WEDGES																	
SWEETCORN & PEPPERS																	
PINEAPPLE UPSIDE DOWN CAKE				X								X					
CUSTARD													X				
YOGHURT													X				
FRESH FRUIT																	
BREAD				X				X				X	X				
Form Completed By (Print Name): R TEMPLEMAN	Service Period (Circle One) Breakfast <input type="checkbox"/> <u>Lunch</u> <input type="checkbox"/> Evening All Day Offer <input type="checkbox"/> Grab & Go <input type="checkbox"/>							Location Name:									
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Spring menu 2019																	
FRI WEEK 1																	
BREADED FISH			X				X										
CHIPS																	
TOMATO SAUCE																	X
CHEESE TOMATO & SPINACH FRITTATA												X	X				
BAKED BEANS																	
GARDEN PEAS																	
YOGHURT													X				
FRESH FRUIT																	
BREAD			X					X				X	X				
Form Completed By (Print Name): R TEMPLEMAN	Service Period (Circle One) Breakfast <input type="checkbox"/> <u>Lunch</u> <input type="checkbox"/> Evening <input type="checkbox"/> All Day Offer <input type="checkbox"/> Grab & Go <input type="checkbox"/>						Location Name:										
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Spring menu 2019																	
MONDAY WEEK 2																	
HOTDOGS IN A ROLL				X	X												
HOMEMADE TOMATO SAUCE																	X
QUORN MINCE CHILLI				X								X					X
RICE																	
COLESLAW												X		X			
GARDEN PEAS																	
CHOCOLATE SHORTBREAD				X													
YOGHURT													X				
FRESH FRUIT																	
BREAD				X				X				X	X				
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Spring menu 2019																	
TUESDAY WEEK 2																	
CHICKEN & SWEETCORN PUFF PASTRY PIE					X								X				
NEW POTATOES																	
GRAVY GRANULES <b>MAY CONTAIN</b>									X	X		X	X	X			
GRAVY MIX					X												
LENTIL & VEGETABLE CURRY														X			
RICE																	
BROCCOLI																	
CARROTS																	
BANANA SPONGE					X							X					
CUSTARD													X				
YOGHURT													X				
FRESH FRUIT																	
BREAD					X				X			X	X				
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Spring menu 2019														
WEDNESDAY WEEK 2														
ROAST TURKEY														
ROAST POTATOES														
GRAVY GRANULES <b>MAY CONTAIN</b>							X	X		X	X	X		
GRAVY MIX			X											
CHEESE & PEPPER WHIRL			X								X			
RED CABBAGE														
GREEN BEANS														
APPLE CHEESE & BISCUITS			X								X			
YOGHURT											X			
FRESH FRUIT														
BREAD			X				X			X	X			
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Spring menu 2019														
THURSDAY WEEK 2														
BEEF BOLOGNAISE														
SPAGHETTI			X											
QUORN & MIXED BEAN CASSOULET WITH MASHED POTATO			X							X	X		X	
SWEETCORN & PEPPERS														
WHOLEMEAL MIXED FRUIT CRUMBLE			X											
CUSTARD										X				
YOGHURT										X				
FRESH FRUIT														
BREAD			X			X			X	X				
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Spring menu 2019														
FRI WEEK 2														
BATTERED FISH			X			X								
CHIPS														
TOMATO SAUCE														
GLAMORGAN SAUSAGE			X						X					X
BAKED BEANS														
GARDEN PEAS														
YOGHURT										X				
FRESH FRUIT														
BREAD			X			X			X	X	X			
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Spring menu 2019																	
MONDAY WEEK 3																	
BEEF TORTILLA STACK WITH RICE					X								X				
VEGETABLE & APRICOT TAGINE														X		X	
COUS COUS					X												
BROCOLLI																	
SWEETCORN																	
OATY PEACH CRUMBLE					X												
CUSTARD													X				
YOGHURT													X				
FRESH FRUIT																	
BREAD					X			X				X	X				
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Spring menu 2019																	
TUESDAY WEEK 3																	
WHOLEMEAL BBQ CHICKEN PIZZA					X				X	X		X	X				
WEDGES																	
SOYA MINCE AND VEGETABLE STIR FRY					X				X								X
NOODLES					X							X					
GARDEN PEAS																	
BAKED BEANS																	
LEMON & MIXED BERRY CAKE					X							X					X
YOGHURT													X				
FRESH FRUIT																	
BREAD					X				X			X	X				
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Spring menu 2019														
WEDNESAY WEEK 3														
ROAST PORK														
ROAST POTATOES														
GRAVY GRANULES <b>MAY CONTAIN</b>							X	X		X	X	X		
GRAVY MIX			X											
QUORN ROAST										X	X			
CABBAGE														
CARROTS														
MANDERINS & ICE CREAM											X			
YOGHURT											X			
FRESH FRUIT														
BREAD			X				X			X	X			
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Spring menu 2019														
THURSDAY WEEK 3														
BEEF & VEGETABLE HOT POT			X											
MACARONI CHEESE			X								X			
GARLIC BREAD			X			X			X	X				
ROAST VEGETABLE MEDLEY														
CHOCOLATE MANDERIN BROWNIE			X						X					
YOGHURT											X			
FRESH FRUIT														
BREAD			X			X			X	X				
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Spring menu 2019														
FRI WEEK 3														
BREADED FISH FINGERS			X			X								
CHIPS														
TOMATO SAUCE														
WHOLEMEAL CHEESE & TOMATO PEPPER PIZZA			X			X			X	X				
BAKED BEANS														
GARDEN PEAS														
YOGHURT										X				
FRESH FRUIT														
BREAD			X			X			X	X				
Form Completed By (Print Name): R TEMPLEMAN	Service Period (Circle One) Breakfast <input type="checkbox"/> <u>Lunch</u> <input type="checkbox"/> Evening All Day Offer <input type="checkbox"/> Grab & Go <input type="checkbox"/>					Location Name:								
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SWEET POTATO & CORIANDER																	
TABOULEH			X														
SWEETCORN																	
TOMATO																	
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Spring menu 2019																	
BREAD																	
WHITE BREAD					X			X				X	X				
CINNAMON & RAISEN					X			X				X	X				
GARLIC					X			X				X	X				
CHEESE & TUMERIC					X			X				X	X				
WHOLEMEAL FLAT					X												
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Spring menu 2019																	
YOGHURT BAR																	
CHOCOLATE													X				
HONEY													X				
FRUITS OF THE FORREST													X				
MANDARIN													X				
PINEAPPLE													X				
NATURAL													X				
PEACH													X				
VANILLA													X				
Form Completed By (Print Name): R TEMPLEMAN	Service Period (Circle One) Breakfast <u>Lunch</u> Evening All Day Offer Grab & Go						Location Name:										
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Spring menu 2019																	
Jacket Potatoes																	
Jacket																	
Cheese													X				
Baked Beans																	
Tuna Mayonnaise							X				X						
Form Completed By (Print Name): R TEMPLEMAN	Service Period (Circle One) Breakfast <u>Lunch</u> Evening All Day Offer Grab & Go					Location Name:											
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