

FORTIS ACADEMY ALLERGEN CHECKER



1. Food containing GLUTEN** and NUTS* write the Menu name and in brackets name the cereal (s) or nut in the menu item. List of Gluten containing cereals and list of Nuts are provided below.
2. Record "MC" s if the ingredients label says May Contain or a menu item may have been contaminated by an Allergen in the kitchen.

Location Name: GREAT HALL ANY DEVIATION TO THE MENU WILL BE UPDATED ON THE DAY															
Date: Revised 14.10.25	NO KEY ALLERGENS	Peanuts [NOT PRIMARY]	Tree Nuts	Gluten**	Fish	Milk	Eggs	Sesame	Molluscs	Shellfish / Crustaceans	Mustard	Lupins	Sulphites	Celery / Celeriac	Soya/Soybeans
Person completing															
Signature:															
Menu item															
CAKES															
Chocolate Crunch				X (w)			x								
Flapjack				X (w)											
Doughnuts Rilance		mc	mc	X (w)		x	x				mc				x
Double Choc Muffin Rilance				X (w) MC oat		x	x								x
Blueberry Muffin				X (w) MC (oat)		MC	x								
Double Choc Cookie				X (w)		x	x								x
Milk Choc Cookie				X (w)		x	x								x
White Choc Cookie															
YUM YUM		mc	mc	X (w)		x	x								
Home made Muffin				X (w)		x	x								x
Home made Cake				X (w)		x	x								
* Including: almonds, hazelnuts, walnuts, pecans, Brazil, pistachios, cashew, macadamia, Queensland															
** Including: wheat, rye, barley, malt, oats. (gluten free only when sold as sealed in manufacturer's packaging)															
NO KEY ALLERGENS COLUMN, i.e. none of the 14 key allergens – are contained in this dish / food / product															