

DISHES AND THEIR ALLERGEN CONTENT

Little Ilford Menu Re-Launch Oct 2026 - Week 1
 ✓ Contains *✓ May Contain Traces Of

This allergen matrix refers to all the menus. *✓ where a product specification states (may contain) for an allergen, for our Special Diet procedures we will class this as if it is in the product.

Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Cheese & Onion Pasty	Mon	80g	18.10g		✓					✓		✓				✓	
Chicken sausages with Mashed Potato	Mon	610g	47.40g		✓					✓						✓	✓
Green Beans	Mon	40g	1.50g														
Ice Cream	Mon	60g	11.90g							✓							
Southern Style Chicken Tenders	Mon	155g	22.30g	✓	✓		✓									*✓	
Spaghetti Bolognese (ProVeg*)	Mon	333g	130.90g	✓	✓					✓							
Veggie Lentil Cottage Pie	Mon	425g	145.80g	✓	*✓												
Waffles	Mon	55g	29.80g		✓		✓			*✓						✓	
Aubergine & Chickpea Curry	Tue	395g	148.70g	✓													
Carrot Cake	Tue	169g	20.90g		✓		✓			✓						*✓	
Chicken Tikka Masala with Rice & Naan	Tue	2141g	1047.90g		✓												
Eat Cunous Burger in a Bun	Tue	3309g	297.80g		✓										*✓		
Green Cabbage	Tue	30005g	12900.00g														
Lebanese Lamb Poke Bowl	Tue	0g	0.00g														
Pen Peri Chicken	Tue	20025g	3.90g														
Banana Mouse with Mango & Pineapple	Wed	360g	42.40g							✓							
BBQ Kickin' Chicken Wrap	Wed	149g	42.00g	*✓	✓												*✓
Buffalo Wings	Wed	0g	0.00g														
Fresh Seasonal Vegetables	Wed	3134g	1627.80g														
Roast Chicken & Yorkshire Pudding	Wed	1145g	333.70g		✓		✓			✓							
Roast Potatoes	Wed	85g	720.00g														
Soy & Sesame Noodle Pot	Wed	225g	117.70g		✓		✓								✓	✓	
Veggie Toad in the Hole	Wed	155g	42.50g		✓		✓			✓							
BBQ Chicken Pizza	Thu	25g	6.50g	*✓	✓					✓							*✓
Chocolate Cake	Thu	149g	67.60g		✓					✓						*✓	
Lamb & Lentil Lasagne	Thu	281g	49.30g		✓		*✓			✓		✓				*✓	

Dishes	Day	Portion Size	Carbohydrate Count	Celery	Cereals with Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Mixed Vegetables	Thu	40g	3.30g														
Pizza Margherita	Thu	187g	53.60g		✓					✓							
Sweet Potato & Chickpea Patty	Thu	1g	0.00g		✓				* ✓	✓		* ✓				* ✓	
Tandoori Chicken Naan	Thu	235g	50.60g	* ✓	✓					✓		* ✓				* ✓	* ✓
Vegetable & Lentil Lasagne	Thu	304g	55.50g		✓		* ✓			✓		✓				✓	
Baked Beans Side Dish	Fri	40g	6.10g														
Chips	Fri	120g	25.20g														
Fish in Batter	Fri	60g	9.00g		✓			✓									
Loaded Chicken Fries	Fri	330g	39.50g	* ✓						✓							* ✓
Oriental Veg Stir Fry & Egg Noodles	Fri	155g	77.20g		✓		✓										
Peach Melba Crunch	Fri	45g	5.00g		✓					✓							
Veggie Loaded Fries	Fri	419g	87.80g							✓		✓				✓	

Information correct as of 12/10/2026 10:51 am