

Pre Service Allergen Checker



1. Can be used as a tool in the pre service briefing.
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.

Dish/Menu item Autumn /Winter 2024/25 Week 1 Any local changes to the recipes / menu will invalidate this Allergen Tracker		Wheat	Nuts	Soya	SO2 & Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals with Gluten	Celery
Monday																
Swedish Meatballs with Jacket Wedges (R01976)					X					X						X
Cheese & Onion Pasty R01964		X	MC	X	X			X		X						X
Quorn Frankfurter Hot Dog Roll (R01733)		X		X	MC	MC				MC			X		X	
Oriental Stir Fry with Noodles (R01845)		X		MC	X					MC			X		X	MC
Jacket Wedges																
Sweetcorn																
Fresh Broccoli																
Frozen Yoghurt with Fruit (R01739)										X						
Sandwiches		X		X						X		X	X		X	
Fruit Platter																
Cheese & Biscuits		X								X					X	
Yoghurt										X						
Form Completed By (Print Name):		Service Period (Circle One)						Location Name:								
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	Tuesday														
Lamb & Lentil Lasagne (R02934)	X		MC				X		X			MC		X	
Garlic Slice (R01717)	X				MC				MC					X	
Fisherman's Pie	X		MC	X					x		X			X	
Vegetarian Koftas/Flatbread/Salad	X		MC		MC				X			MC		X	MC
Green Beans															
Fresh Carrots															
Banana Slice (egg-less) (R03010)	X		MC							R				X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Wednesday														
Roast Chicken & Stuffing & Gravy (R00505)	X								MC					X	MC
Cheese Leek & Broccoli Flan	X						X		X			X		X	
BBQ Chicken in Flatbread	X			MC					X					X	MC
Roast Potatoes															
Seasonal Vegetables															
Cinnamon Rice Pudding (R02208)							MC		X						MC
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Thursday														
Shepherd's Pie (with Gravy) (R02289)									X						
Pasta Bolognese Mixed Bean Bake	X		X				M C								
Soy, Honey & Ginger Noodle Bowl	x		x		M C		M C		M C			X			M C
Mixed Vegetables															
Sweetcorn															
Apple Crumble with Custard (R01572)	X		M C						X					X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Friday														
Fish in Batter	X										X			X	
Veggie Quesadilla	X		X											X	
Southern Fried Quorn Wrap	X						X		X			X		X	
Chips															
Peas															
Baked Beans															
Fruit Salad & Ice Cream									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Monday														
Chicken Sausages	X		X	X										X	
Vegetable Samosa with Curry & Rice	X	M C					X		X					X	M C
Korean Style Wings with Jacket Wedges															
Sweetcorn															
Fresh Broccoli															
Strawberry Mousse & Fresh Fruit (R01132)									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yogurt									X						
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	Tuesday														
Lamb & Vegetable Jollof Rice															
Jacket Potatoes with Selection of Fillings							X				x	x			
Macaroni Cheese Bowl	X		X				M C		X					X	
Garlic Slice	X				M C				M C					X	
Fresh Carrots															
Green Beans															
Fruit Pudding (eggless) with Custard (R03011)	X		M C						X					X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Wednesday														
Roast Chicken with Yorkshire Pudding	X								X			X		X	
Spinach & Feta Whirl with Roast Potatoes	X								X			X		X	
Southern Style Burger in a Bun	X		X	M C					X			X		X	
Seasonal Vegetables															
Cheesecake	X						M C		X					X	M C
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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Thursday																					
Lamb & Vegetable Biryani (R01114)	M C	M C					X							M C	M C						
Dhal (R01467)		M C					X							M C	M C						
Creamy Cauli Mac & Cheese & Peas (R03070)	X		X				X		X					X	X						
Golden Spanish Paella (R00424)			M C	X					M C			X		X	X						
Mixed Vegetables																					
Sweetcorn																					
Lemon & Courgette Cake (R02055)	X		M C	X										X							
Sandwiches	X		X						X		X	X		X							
Fruit Platter																					
Cheese & Biscuits	X								X					X							
Yoghurt									X												
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; padding: 5px;">Form Completed By (Print Name):</td> <td style="width: 33%; padding: 5px;"> Service Period (Circle One) Breakfast Lunch Evening </td> <td style="width: 33%; padding: 5px;">Location Name:</td> </tr> <tr> <td style="padding: 5px;">Pre Service Briefing Carried Out By (Print Name):</td> <td style="padding: 5px;">All Day Offer Grab & Go</td> <td style="padding: 5px;">Date:</td> </tr> </table>																Form Completed By (Print Name):	Service Period (Circle One) Breakfast Lunch Evening	Location Name:	Pre Service Briefing Carried Out By (Print Name):	All Day Offer Grab & Go	Date:
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	Friday														
Fish in Batter (R01606)	X										X			X	
Tandoori Chicken in Pitta (R02562)	X		M C	M C			M C		X					X	M C
Vegan Sausage Roll	X													X	
Chips															
Garden Peas															
Baked Beans															
Waffles with Fruit & Ice Cream									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Monday														
Lamb Burger in a Bun (HLBS006)	X				M C									X	
Veggie Keema served with Raita & Naan Bread	X	M C	X				X		X					X	M C
Mixed Bean Quesadilla	X								X					X	
Sweetcorn															
Fresh Broccoli															
Frozen Yoghurt with Fruit (R01739)									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Tuesday														
Spaghetti Bolognese	X		M C				M C		M C					X	
Garlic Slice	X				M C				M C					X	
Aubergine & Chickpea Curry with Rice	M C	M C					X							M C	M C
Vegetable Samosa (R00757)	X													X	
Thai Sirach Rice Bowl	X		X											X	
Carrot Cake (eggless) (R03015)	X		X											X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Wednesday														
Roast Lamb with Yorkshire Pudding (R01533)	X								X			X		X	
Vegetable Toad in the Hole (R02216)	X		X	X					X			X		X	
Chickpea & Sweet Potato Curry with Rice	M C	M C					X								M C
Roast Potatoes															
Seasonal Vegetables															
Fruit (Orange & Mango) Smoothie (R00209)															
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Thursday														
Chicken & Vegetable Pie	X		M C				M C		X					X	
Quorn Katsu Curry with Noodle Stir Fry	X	M C					X		X			X		X	X
Falafel & Houmous Wrap with Salad	X				X									X	
Mixed Vegetables															
Sweetcorn															
Chocolate Sponge & Choc Sauce (R00434)	X		M C						X					X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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	Friday														
Fish in Batter (R01606)	X										X			X	
Tandoori Chicken & Naan	X		M C	M C			M C		X					X	M C
Quorn Pattie Muffin	X		X						X			X		X	X
Chips															
Baked Beans															
Garden Peas															
Fruit & Ice Cream (R00503)									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
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