

Unit Name	Methody/Fullerton gluten free menu	Date	
Unit Number	B147	Menu	Week 3

This document must be used should a manual (hand written) allergen report be required within a unit. Within each recipe used please refer to each food ingredient label to note any allergens present within the product and transfer this to the chart below. Ensure both 'Does Contain and May Contain allergen information is captured

Recipes	Allergens													
														
	Celery	Cereals with Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustards	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/ Sulphites
Lentil & bacon soup	Yes													YES
Roast chicken, mash, peas & gravy	Yes						YES							
Chinese pork & vegetable stir fry	Yes												YES	
mushroom soup	Yes						Yes							
Breaded Cajun chicken goujons, rice & bbq sauce	Yes			YES			Yes						YES	
Baked potato with beans cheese							Yes							
Tuscan bean & tomato soup	Yes													
Peppered chicken rice	Yes						YES						YES	YES
Chargrilled broccoli, chilli & garlic parsley	Yes						YES							
Chicken & leek soup	Yes						YES							
Sweet & sour chicken & rice	Yes								MC	MC	MC		YES	
Bacon & leek pasta bake	Yes						YES		YES					
Tomato & basil soup	Yes				Yes		Yes							
Breaded cod, peas & garden peas	Yes				YES		YES							
Stir fry vegetables with Rice	YES												YES	

Allergy Advice:

- Ingredients highlighted with ✓ are allergens that are present in this product

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- Ingredients highlighted with the letters **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site, factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food
- Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen