













Unit Name	Methody/Fullerton gluten free menu	Date	
Unit Number	B147	Menu	Week 2

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
Cuban pork & butterbean soup	Yes													YES
Chicken & basil penne pasta	Yes						yes							
Hot dog & chips				MC			YES							YES
Cream of vegetable soup	Yes						YES							
Roast pork, stuffing, mash broccoli & gravy	Yes												YES	YES
Leek & mushroom pie	yes			YES			yes		MC			MC		YES
Leek & potato soup	Yes													YES
Lemon & rosemary chicken, new potatoes & greens	Yes						YES							
Cheesy pasta & garlic bread	Yes						yes							
Red thai chicken	Yes						yes							
Piri piri chicken pasta bake	Yes						yes							
Beef lasagne & garlic bread	Yes						YES							
Carrot & coriander soup	Yes				yes		yes							
Breaded cod, chips & garden peas				YES	YES		YES							
Vegetable Kiev, chips & peas				YES			YES						YES	YES

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

Unit Name	Methody/Fullerton gluten free menu	Date	
Unit Number	B147	Menu	Week 2

- 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