

Unit Name	Methody/Downey Gluten Free Menu Allergens	Date	September 2023
Unit Number	B147	Menu	Week 1

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
Red pepper, tomato & thyme soup	Yes													yes
Chicken fricassee & rice	Yes						yes						Yes	
Stir fry beef, vegetables & rice													Yes	
butternut squash & sweet potato soup	yes													
Pasta bolognese & garlic bread	yes						Yes							
Vegetarian shepherds pie	Yes						YES						Yes	YES
Minestrone soup	yes													
Chicken wrap & chips	Yes			YES			YES							
Chicken stroganoff with saute potatoes	Yes						Yes		Yes				Yes	YES
Chicken & vegetable broth	Yes													YES
Sausage, mash, carrots & onion gravy	Yes						YES							YES
Baked potato with chicken tikka	Yes						yes		MC				MC	
Spiced carrot, lentil & cumin soup	Yes													YES
breaded cod, chips & garden peas				YES	yes									
Chick pea & Cauliflower masala	yes								MC					

- 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
- 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