

Unit Name	Headland	Date	Autumn 24
Unit Number	89078	Menu	Generic Dessert Allergens















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
Double Chocolate Cookie		✓		✓			✓						✓	MC
Chocolate chunk Cookie		✓		✓			✓						✓	
White Chocolate Chunk Cookie		✓		✓			✓						✓	
Large Chocolate Cookie		✓		✓			✓						MC	MC
Large Oaty Cookie		✓		✓			✓						MC	MC

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken Tikka Masala (178 kcal, 745 kJ)							✓							
Cucumber Raita (9 kcal, 38 kJ)		MC Wheat					✓							
Vegemince Bolognese (203 kcal, 849 kJ)													✓	
Pasta Wholemeal (200 kcal, 837 kJ)		✓ Wheat												

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- Adults need around 2000 kcal a day















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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Double Beef Burger Plain (354 kcal, 1481 kJ)	✓	✓ Wheat										MC	✓	
Veggie Burger (288 kcal, 1205 kJ)	✓	✓ Wheat					✓					MC		
Smokey Burger Sauce (20 kcal, 84 kJ)	✓			✓										
Coleslaw (81 kcal, 339 kJ)				✓										

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Mac and Cheese Pot (491 kcal,2054 kJ)		✓ Wheat					✓							

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Chicken Katsu (208 kcal, 870 kJ)		✓ Wheat											✓	
Korean Glazed Quorn Flatbread (271 kcal, 1134 kJ)		✓ Wheat		✓			✓						✓	

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Southern Fried Chicken Goujon (231 kcal,967 kJ)	✓	✓ Wheat												
Quorn Sausage Roll (187 kcal,782 kJ)		✓ Barley ✓ Wheat		✓			✓							

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Pork Sausage Mash Pot (300 kcal, 1255 kJ)		✓ Wheat											✓	✓
Vegetarian Sausage Mash Pot (194 kcal, 812 kJ)		✓ Wheat												

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Chilli Beef Cheese Nachos (299 kcal, 1251 kJ)		✓ Wheat					✓							
Sweet and Sour Vegetables (153 kcal, 640 kJ)		✓ Barley ✓ Wheat		✓			✓						✓	

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Quorn Roast Sec (61 kcal, 255 kJ)				✓			✓							
Cauliflower Cheese (258 kcal, 1079 kJ)		✓ Wheat					✓							

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Yakisoba Chicken Noodles (394 kcal, 1648 kJ)		✓ Wheat		✓									✓	
Yakisoba Soya Noodles (407 kcal, 1703 kJ)		✓ Wheat		✓									✓	

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Southern Fried Chicken Goujon (231 kcal,967 kJ)	✓	✓ Wheat												
The Veggie Dog (221 kcal,925 kJ)	✓	✓ Wheat										MC		

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Cheese & Bean Toastie (374 kcal, 1565 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Ranch Dressing AW22 (17 kcal, 71 kJ)				✓			✓							

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SAUSAGE PORK (236 kcal,987 kJ)		✓ Wheat											✓	✓
Mash Pot SEC (194 kcal,812 kJ)							✓							
Teriyaki Vegetarian Wrap (279 kcal,1167 kJ)		✓ Wheat		✓			✓						✓	✓

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Sticky BBQ Quorn Pita (251 kcal, 1050 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
		✓ Wheat		✓			✓						MC	

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHICKEN & BROCOLLI PIE SEC (343 kcal, 1435 kJ)		✓ Wheat					✓							
Mash Pot SEC (194 kcal, 812 kJ)							✓							
Vegetarian Tikka Masala (202 kcal, 845 kJ)		✓ Wheat		✓			✓							

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Southern Fried Chicken Goujon (231 kcal, 967 kJ)	✓	✓ Wheat												
Vegetable Tikka Sausage Roll (261 kcal, 1092 kJ)		✓ Wheat					✓						✓	

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BASIC WHITE BREAD RECIPE SEC (162 kcal,678 kJ)		✓ Wheat												

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Shortbread (192 kcal,803 kJ)		✓ Wheat												
Chocolate Krispie Bar (205 kcal,858 kJ)		✓ Barley												
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Golden Syrup and Oat Cookies SEC (268 kcal,1121 kJ)		MC Barley ✓ Oats ✓ Wheat												
Chocolate Cookie (204 kcal,854 kJ)		✓ Wheat		✓			✓							
Lemon Oat Raisin Cookie (184 kcal,770 kJ)		✓ Oats ✓ Wheat		✓			✓							
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins (178 kcal,745 kJ)		✓ Wheat		✓			✓						MC	
Chocolate Fudge Brownie (256 kcal,1071 kJ)		✓ Wheat		✓			MC						MC	
Red Velvet Brownie (174 kcal,728 kJ)		✓ Wheat		✓										
Vanilla and Raspberry Blondie (237 kcal,992 kJ)		✓ Wheat		✓										
Banana Marble Cake (314 kcal,1314 kJ)		✓ Wheat		✓										
Chocolate Orange		✓ Wheat		✓			✓							

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Chocolate Butterscotch Crispie (74 kcal,310 kJ)		✓ Barley					✓							
Chocolate Toffee Shortbread (213 kcal,891 kJ)		✓ Wheat					✓							
Banoffee Pie (111 kcal,464 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Pineapple Upside Down Pudding (208 kcal,870 kJ)		✓ Wheat		✓										
Chocolate Rice Pot (110 kcal,460 kJ)							✓							
Apple Cinnamon Twice Baked Crumble (212 kcal,887 kJ)		MC Barley ✓ Oats ✓ Wheat												
Orange Glazed Sticky Pudding (191 kcal,799 kJ)		✓ Wheat		✓										
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							

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Love Joes Mexican Chicken Burrito SEC (378 kcal, 1582 kJ)		✓ Wheat												
Cheese and Onion Bake (310 kcal, 1297 kJ)		✓ Wheat					✓							
Herby Tomato Pasta (287 kcal, 1201 kJ)		✓ Wheat					✓							
Pasta Wholemeal (200 kcal, 837 kJ)		✓ Wheat												
Trattoria 14 Margherita Stone Bake Pizza (295 kcal, 1234 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (299 kcal, 1251 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (312 kcal, 1305 kJ)		✓ Wheat		MC			✓							
TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (332 kcal, 1389 kJ)		✓ Wheat		MC			✓							
Veggie Meatball Feast Pizza		✓ Wheat		MC			✓							

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Tuna Mayonnaise Jacket Potato (314 kcal, 1314 kJ)				✓	✓									
Jacket Potato with Cheese (419 kcal, 1753 kJ)							✓							

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Pancake Reduced Sugar (77 kcal, 322 kJ)		✓ Wheat		MC			MC							
Berry, Granola & Yoghurt (213 kcal, 891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
Pork Sausage and Cheese Muffin Melt (369 kcal, 1544 kJ)		✓ Wheat					✓					MC	✓	✓
Bacon Roll (241 kcal, 1008 kJ)		✓ Wheat											✓	
Bagel Cheese & Tomato Pizza (280 kcal, 1172 kJ)		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Toasted Crumpets (140 kcal, 586 kJ)		MC Spelt ✓ Wheat					✓							
Cheese Panini (378 kcal, 1582 kJ)		MC Barley ✓ Wheat					✓							
Cheese and Tomato Sauce Panini (392 kcal, 1640 kJ)		MC Barley ✓ Wheat					✓							
Bacon Sandwich White (354 kcal, 1481 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Toast 50 50 (223 kcal, 933 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

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Cucumber with Houmous (218 kcal,912 kJ)												✓		
Carrot with Houmous (232 kcal,971 kJ)												✓		
Spinach & Egg English Muffin (284 kcal,1188 kJ)		✓ Wheat		✓			✓					MC	✓	

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Greek Salad (110 kcal, 460 kJ)							✓							
Chicken and Bacon Pasta Salad (264 kcal, 1105 kJ)		✓ Wheat		✓										
Tuna and Sweetcorn Pasta Salad (248 kcal, 1038 kJ)		✓ Wheat		✓	✓									

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Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (349 kcal,1460 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Salad Sandwich (399 kcal,1669 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (330 kcal,1381 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
HOSP CHICKEN SALAD SANDWICH WMEAL (380 kcal,1590 kJ)		MC Barley ✓ Wheat		✓								MC	✓	
HOSP TUNA MAYONNAISE SANDWICH WHITE (313 kcal,1310 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
HOSP TUNA MAYONNAISE SANDWICH WHOLEMEAL (294 kcal,1230 kJ)		MC Barley ✓ Wheat		✓	✓							MC	✓	
Ham Salad Sandwich White (284 kcal,1188 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Ham Sandwich On Brown (256 kcal,1071 kJ)		MC Barley ✓ Wheat					✓					MC	✓	

Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **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
- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegan Cheese Sandwich White (333 kcal, 1393 kJ)		MC Barley ✓ Wheat										MC	✓	
BLT Sandwich on White (371 kcal, 1552 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
BBQ Chicken Wrap (381 kcal, 1594 kJ)		✓ Wheat		✓										
Chicken Tikka Wrap (355 kcal, 1485 kJ)		✓ Wheat					✓							
Crunchy Pepper and Houmous Wrap (423 kcal, 1770 kJ)		✓ Wheat										✓		
Chicken Ranch Wrap (366 kcal, 1531 kJ)		✓ Wheat		✓			✓							

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