

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 Spring Summer 2023 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																
Sweet Chilli Meatballs with Rice															X	
Sweet Chilli Plant balls with Rice (Meat Free Monday)				M C		M C							M C		X	M C
Jacket Potato with Tuna Mayonnaise												X	X			
Jacket Potato with Cheese & Beans (Meat Free Mon.)													X			
Quorn Dippers, Sweet & Sour Sauce & Egg Noodles		X											X		X	M C
Sweetcorn																
Broccoli																
Raspberry Ice Cream Sponge Roll		X		X						X			X		X	
Sandwiches		X		X						X		X	X		X	
Fruit Platter																
Cheese & Biscuits		X								X					X	
Yoghurt										X						
Bread Selection		X		X		M C				X			M C		X	
Form Completed By (Print Name):		Service Period (Circle One)						Location Name:								
		Breakfast Lunch Evening														
Pre Service Briefing Carried Out By (Print Name):		All Day Offer Grab & Go						Date:								

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Tuesday																
Lamb & Lentil Lasagne with Garlic Slice		X		M C				X		X			M C		X	
Sri Lankan Fish Curry with Rice												X			M C	
Veggie Keema with Rice & Naan		X						X		X					X	M C
Green Beans																
Carrots																
Frozen Yoghurt with Fruit Salad										X						
Bread Selection		X		X		M C				X			M C		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	X								M C					X	M C
Quorn Soft Shell Taco with Rice	X								X			X		X	
Roast Vegetable Tart	X								X			X		X	
New Potatoes															
Roast Potatoes															
Fresh Seasonal Vegetables															
Apple Crumble	X								X					X	
Ice Cream			M C						X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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	Thursday														
Pasta Bolognese Bake with Focaccia	X		X						X						X
Spinach & Ricotta Pasta Parcels	X		M C						X			X			X
Vegan Burger with Vegan Mayo	X				M C										X
Mixed Vegetables															
Sweetcorn															
Peach Melba Cake served with Custard	X								X			X			X
Sandwiches	X		X						X		X	X			X
Fruit Platter															
Cheese & Biscuits	X								X						X
Yoghurt									X						
Bread Selection	X		X		M C				X				M C		X
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	Friday														
Fish in Batter	X		X								X			X	
Cajun Spiced Roast Vegetable Stew									X						X
Pizza Slice	X								X					X	
Jacket Wedges															
Peas															
Baked Beans															
Waffle & Fruit Salad	X		X						X			X		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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Dish/Menu item Spring Summer 2023 Week 2 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															
BBQ Chicken Pasta Bake	X	M C					X		X						X
BBQ Quorn Pasta Bake (Meat Free Monday)	X	M C					X		X			X		X	
Creamy Butternut Squash Pasta Bake	X						X		X						X
Quorn Frankfurter Hot	X	M C			M C							X		X	
Sweetcorn															
Broccoli															
Apple & Carrot Cake with Custard	X								X			X		X	
Bread Selection	X		X		M C				X			M C		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yogurt									X						
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Tuesday															
Baked Sausages (Halal & non Halal)	X		X	X										X	
Mashed Potatoes									X						
Jacket Potato with Cheese & Beans									X						
Cheese & Potato Pie	X						X		X			X		X	
Carrots															
Green Beans															
Chocolate Sponge with Chocolate Sauce	X		X						X			X		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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	Wednesday														
Roast Turkey with Yorkshire Pudding	X								X			X		X	
Chicken Burrito, Coleslaw & Mexican Salad	X			M C					X					X	M C
Veggie ' Toad in the Hole'	X								X			X		X	
New Potatoes															
Roast Potatoes															
Seasonal Vegetables															
Jelly with Summer Fruit															
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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Thursday															
Lamb Jollof Rice															
Tuna Crunch Baguette, Salad & Coleslaw	X	MC	X		MC				X	MC	X	X		X	
Moroccan Vegan Tagine with Couscous	X		MC	X		MC								X	
Mixed Vegetables															
Sweetcorn															
Strawberry Yoghurt Cake with Custard	X								X			X		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		MC				X			MC		X	
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	Friday														
Fish Fingers	X										x			X	
Chickpea & Potato Curry with Rice	M C	M C	M C		M C		X							M C	M C
Veggie Pattie Muffin	X	M C	X						X			X		X	X
Jacket Wedges															
Peas															
Baked Beans															
Black Forest Slice	X								X			X		X	
Ice Cream			M C						X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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Dish/Menu item Spring Summer 2023 Week 3 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														
Lamb & Vegetable Curry with Rice & Naan							X								M C
Vegetable & Lentil Curry, Rice & Naan (MFM)		M C					X		X						M C
Mac & Cheese with Focaccia	X						X		X					X	X
Mixed Bean Wrap with Rice	X	M C												X	
Sweetcorn															
Broccoli															
Fruity Flapjack				X					X					X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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	Tuesday														
Chicken & Spring Vegetable Pie	X								X					X	X
Chicken Burger in a Bun	X				M C									X	
Herby Diced Potatoes	X													X	
Jacket Potato with Cheese & Beans									X						
Green Beans															
Carrots															
Lemon & Lime Cheesecake	X		M C	X					X			M C		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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	Wednesday														
BBQ Chicken		M C					X								
'Fishwich' in a Bun	X		X	X	C M		X		X		X	X		X	
Veggie Cassoulet			M C				M C		M C	X		X			X
Roast Potatoes															
New Potatoes															
Fresh Seasonal Vegetables															
Frozen Fruit Smoothie															
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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	Thursday														
Jerk Chicken with Rice & Peas		M C			M C				X						X
Kickin' Chicken Enchilada	X	M C	X				X		X			X		X	
Southern Style Burger in a Bun	X	M C	X		M C		X		X			X		X	
Plantain															
Sweetcorn															
Sticky Mandarin Sponge	X								X			X		X	
Ice Cream			M C						X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						
Bread Selection	X		X		M C				X			M C		X	
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	Friday														
Fish Fingers	X										X				X
Chicken Tikka Naan with Salad & Yoghurt	X		MC	X			MC		X						X
Veggie Sausage Roll	X		X						MC			X			X
Chips															
Baked Beans															
Peas															
Chocolate Shortbread	X								X						X
Sandwiches	X		X						X		X	X			X
Fruit Platter															
Cheese & Biscuits	X								X						X
Yoghurt									X						
Bread Selection	X		X		MC				X				MC		X
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