

 ST HILDA'S CE HIGH SCHOOL					Allergens Information - Week 3													
Fishfinger, Chips and Peas, built from verified Harlech-sourced components and formatted for signage or prep sheets.																		
🍷🍷🍷 Allergen Matrix — Fishfinger, Chips and Peas																		
Component	GLUTEN	FISH	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	SULPHITES	NUTS	PEANUTS	LUPIN	CRUSTACE	MOLLUSCS				
Youngs Fish	☑	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
☑ = Present ✗ = Not Present ● = Trace (below 10mg)																		
🔍 Summary of Allergens Present:																		
GLUTEN → Wheat, Spelt, Kamut																		
FISH → Minced Cod 58%																		
No declared presence of milk, egg, soya, celery, mustard, nuts, sesame, peanuts, lupin, crustaceans, or molluscs.																		
🔪 Dish Composition:																		
Main: Breaded Youngs Jumbo Fish Finger(Harlech 75138)																		
Side: Country Range 7mm Fries (Harlech 21398)																		
Veg: Country Range Garden Peas (Harlech 81491)																		
Vegetarian: ✗ Gluten-Free: ✗ Dairy-Free: ☑ Egg-Free: ☑																		
Fish, Chips and Peas, built from verified Harlech-sourced components and formatted for signage or prep sheets.																		
🍷🍷🍷 Allergen Matrix — Fish, Chips and Peas																		
Component	GLUTEN	FISH	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	SULPHITES	NUTS	PEANUTS	LUPIN	CRUSTACE	MOLLUSCS				
Breaded Al	☑	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	● <10mg	✗	✗	✗	✗	✗				
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
☑ = Present ✗ = Not Present ● = Trace (below 10mg)																		
🔍 Summary of Allergens Present:																		
GLUTEN → from breadcrumb coating on fish																		
FISH → Alaskan Pollock fillet																		
SULPHITES → trace level in fries seasoning (<10mg)																		
No declared presence of milk, egg, soya, celery, mustard, nuts, sesame, peanuts, lupin, crustaceans, or molluscs.																		
🔪 Dish Composition:																		
Main: Breaded Alaskan Pollock Fillet (Harlech 79646)																		
Side: Country Range 7mm Fries (Harlech 21398)																		
Veg: Country Range Garden Peas (Harlech 81491)																		
Vegetarian: ✗ Gluten-Free: ✗ Dairy-Free: ☑ Egg-Free: ☑																		
Chips and Curry, using:																		
Country Range 7mm Fries (Code: 21398) — Harlech																		
Middleton Curry Sauce Mix Bucket (Code: 58850) — Bidfood																		
🍷🍷🍷 Allergen Matrix — Chips and Curry																		
Component	GLUTEN	MILK		EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACE	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN			
Country Ra	✗	✗		✗	✗	✗	✗	✗	✗	✗	✗	● <10mg	✗	✗	✗			
Middleton C	☑	✗		✗	✗	✗	☑	✗	✗	✗	✗	☑	✗	✗	✗			
☑ = Present ✗ = Not Present ● = Trace (below 10mg)																		
🔍 Confirmed Allergens:																		
SULPHITES → declared in Middleton Curry Sauce																		
SULPHITES (trace) → <10mg in Country Range Fries																		
✗ Not Present:																		
Milk, Egg, Soya, Celery, Sesame, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin																		
🔪 Dish Composition:																		
Fries: Potatoes, sunflower oil, seasoning blend (gluten-free, vegan)																		
Curry Sauce: Sugar, palm oil, modified maize starch, rice flour, tomato powder, spices, flavour enhancers, sulphites																		
Vegetarian: ☑ Vegan: ☑ (if prepared without dairy sides)																		
Dairy-Free: ☑																		
Not suitable for sulphite-sensitive diets																		
Vegan Fishless Finger, Chips and Curry, using:																		
Quorn Fishless Fingers (Code: 85281)																		
Country Range 7mm Fries (Code: 21398)																		
Middleton Curry Sauce Mix Bucket (Code: 58850)																		
Country Range Choice Garden Peas (Code: 81491)																		
🍷🍷🍷 Allergen Matrix — Vegan Fishless Finger, Chips and Curry																		
Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACE	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN				
Quorn Fish	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	● <10mg	✗	✗	✗				
Middleton C	☑	✗	✗	✗	✗	☑	✗	✗	✗	✗	☑	✗	✗	✗				
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗				
☑ = Present ✗ = Not Present ● = Trace / <10mg																		
🔍 Confirmed Allergens:																		
GLUTEN → from wheat flour in Quorn																		
MUSTARD																		

SULPHITES → declared in curry sauce; trace in fries															
✖ Not Present:															
Milk, Egg, Soya, Celery, Sesame, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin															
🔪 Dish Composition:															
Main: Quorn Fishless Fingers (85281)															
Side: Country Range Fries (21398)															
Sauce: Middleton Curry Sauce Mix (58850)															
Veg: Country Range Garden Peas (81491)															
Vegetarian: ☒ Vegan: ☒															
Gluten-Free: ✖ Dairy-Free: ☒															
Not suitable for sulphite-sensitive diets															
🍷 Sweet & Sour Chicken with Rice — Allergen Matrix															
Componen	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Seara Batte	☒ (Wheat)	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Sliced Pepp	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Fresh Slice	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Sweet & So	☒	✖	✖	☒	✖	☒	✖	✖	✖	✖	✖	✖	✖	✖	
Easy Cook	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
☒ = Present ✖ = Not Present															
📖 Dietary Suitability															
Gluten-Free: ✖ (Chicken contains wheat)															
Halal: ☒ (Seara product confirmed Halal)															
Vegan: ✖ (Contains chicken)															
Allergens Present: Gluten, Sulphites															
✔ Allergen Matrix — 30 Portion Vegan Bolognese Pasta & Garlic Bread															
Componen	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Vegan Minc	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Diced Onio	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Garlic Pure	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Frozen Dice	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Tomato Pas	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Chopped To	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Vegetable B	✖	✖	✖	✖	☒	☒	✖	✖	✖	✖	✖	✖	✖	✖	
Cracked Bl	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Penne Past	☒ (Wheat)	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Garlic Brea	☒ (Wheat) ⚠ May con	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
☒ = Present ✖ = Not Present ⚠ = May Contain (trace risk)															
🍷 Mediterranean Chicken Strips with Ratatouille & Savoury Rice — Allergen Matrix															
Componen	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Mediterran	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Greens Rat	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Diced Onio	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Diced Pepp	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Vegetable B	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Easy Cook	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
☒ = Present ✖ = Not Present															
📖 Dietary Suitability															
Gluten-Free: ✔															
Halal: ✔ (Chicken confirmed halal)															
Vegan: ✖ (Contains chicken)															
Allergens Present: None															
Allergens May Contain: None															
🍷 Roast Chicken Dinner — Allergen Matrix															
Componen	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Halal Chick	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Roast Potat	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Garden Pea	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Baby Carro	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
GF Vegan C	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
☒ = Present ✖ = Not Present															
📖 Dietary Suitability															
Gluten-Free: ✔															
Halal: ✔ (Chicken confirmed halal from Hogans)															
Vegan: ✖ (Contains chicken — gravy remains vegan)															
Allergens Present: None															
Allergens May Contain: None															
🔥 Vegan Goulash — Allergen Matrix															
Componen	Gluten	Milk	Egg	Nuts	Soya	Celery	Mustard	Sulphites	Fish	Crustacean	Molluscs	Lupin	Sesame	Peanuts	
Fresh Diced	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	
Diced Pepp	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	✖	

[illegible]