ST HILDA'S
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Week 1 Allergens Information (October 2026)

Chicken Inn a Bun, Chips and Curry, using:

Global Farms Southern Fried Chicken Fillets Halal (Bidfood Code: 72092)

Kara MK4 Unseeded Burger Bun (F000045)

Country Range 7mm Fries (Code: 21398)

Middleton Curry Sauce Mix Bucket (Bidfood Code: 58850)

Allergen Matrix — Chicken Inn a Bun, Chips and Curry

Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEAN	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Global Farms	☑	✗	✗	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗
Kara MK4 Uns	☑	✗	✗	✗	✗	✗	⛔ May Conta	✗	✗	✗	✗	✗	✗	✗
Country Range	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Middleton Cur	☑	✗	✗	✗	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗

☑ = Present ✗ = Not Present ⛔ = Trace / May Contain

Confirmed Allergens:

GLUTEN → in chicken coating and burger bun

CELERY → declared in chicken fillet coating

SESAME → *May contain* in bun (cross-contamination risk)

✗ Not Present:

Soya, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin

Dish Composition:

Main: Southern Fried Chicken Fillet (72092) in Kara MK4 Unseeded Burger Bun (F000045)

Side: Country Range Fries (21398)

Sauce: Middleton Curry Sauce Mix (58850)

Vegetarian: ✗ Vegan: ✗

Gluten-Free: ✗ Dairy-Free: ✗

Not suitable for sulphite-sensitive or sesame-allergic diets

Southern Fried Chicken Fillet (72092) in Kara MK4 Unseeded Burger Bun (F000045)

Allergen Matrix — Chicken Fillet in Bun

Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEAN	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Global Farms	☑	✗	✗	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗
Kara MK4 Uns	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

☑ = Present ✗ = Not Present ⛔ = Trace / May Contain

🔍 Confirmed Allergens:

GLUTEN → present in both chicken coating and bun

CELERY → declared in chicken fillet coating

SULPHITES → declared in chicken fillet

SESAME → *May contain* in bun (cross-contamination risk)

✗ Not Present:

Soya, Mustard, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin

🔥 Loaded Beef Chilli Wedges — Allergen Matrix

Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEAN	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Country Ran	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Halal Beef Min	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Diced Onions	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Chopped Tom	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Tomato Paste	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Red Kidney Be	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Darta Sliced P	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Garlic Puree	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Ground Paprik	✗	✗	✗	✗	✗	⚠ May Conta	✗	✗	✗	✗	✗	✗	✗	✗
Ground Cumir	✗	✗	✗	✗	⚠ May Conta	✗	✗	✗	✗	✗	✗	✗	✗	✗
Ground Chilli	✗	✗	✗	✗	✗	⚠ May Conta	✗	✗	✗	✗	✗	✗	✗	✗
Beef Stock (Bi	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

☑ = Present ✗ = Not Present ⚠ = May Contain

🍽 Dietary Suitability

Halal: ✔

Gluten-Free: ✔ *(Confirmed for wedges and all components)*

Vegan/Vegetarian: ✗ *(Contains beef)*

Allergens May Contain: MUSTARD *(from spice blends)*

🌱 Loaded Vegan Chilli Wedges

Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEAN	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Country Ra	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
KaterVeg Vega	✗	✗	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Diced Onions	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Chopped Tom	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Tomato Paste	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Red Kidney Be	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

Darta Sliced P	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Garlic Puree	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Ground Paprik	✗	✗	✗	✗	✗	⚠ May Conta	✗	✗	✗	✗	✗	✗	✗	✗
Ground Cumir	✗	✗	✗	✗	⚠ May Conta	✗	✗	✗	✗	✗	✗	✗	✗	✗
Ground Chilli	✗	✗	✗	✗	✗	⚠ May Conta	✗	✗	✗	✗	✗	✗	✗	✗
GF Veg Bouill	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present ⚠ = May Contain														
☑ **Dietary Suitability**														
Vegan: ✔														
Halal: ✔														
Gluten-Free: ✔														
Allergens Present: SOYA														
Allergens May Contain: MUSTARD *(from spice blends)*														
Sausage & Mash Dinner — Allergen Matrix														

🍽 Sausage & Mash Dinner — Allergen Matrix

Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACEAN	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME
Hogans Thick	☑ *(Wheat flo*	✗	✗	✗	✗	☑ *(E221 pres*	✗	✗	✗	✗	✗	✗	✗	✗
Whole Peeled	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Garden Peas (	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Knorr Profes	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present														

☑ Dietary Suitability

Gluten-Free: ✗ *(Sausages contain wheat flour and rusk)*

Halal: ✗ *(Contains pork)*

Vegan: ✗ *(Contains pork — gravy is vegan)*

Allergens Present: Gluten, Sulphites

Allergens May Contain: None

Vegan Sausage & Mash Dinner — Allergen Matrix,**wheat (gluten)** and **may contain sulphites** due to herb seasoning.

Vegan Sausage & Mash Dinner — Allergen Matrix

Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACEAN	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME
Quorn Vegan S	☑ *(Wheat flo*	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Whole Peeled	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Garden Peas (	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Knorr Profes	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present ⚠ = May Contain (trace risk)														

☑ Dietary Suitability

Vegan: ✔

Gluten-Free: ✗ *(Quorn sausages contain wheat, Spelt, Kamut)*

Allergens Present: Gluten

Allergens May Contain: Sulphites (trace from seasoning)

Fajita Chicken Rice Bowl with Sweetcorn, Peppers & Onion, using:

- **LoveJoes Fajita Sliced Chicken (1110703H)**
- **Country Range Sweetcorn (89714)**
- STERLING EASY COOK WHITE RICE - D006044
- **Darta Sliced Peppers (HANNAH - F003041)**
- **Everyday Favourites Gluten Free Vegetable Bouillon Mix (04192)**
- **Fresh Onions**

Allergen Matrix — Fajita Chicken & Cous Cous

Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEAN	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
LoveJoes Fajita	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Country Range	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Cous Cous	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Darta Sliced P	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
GF Vegetable I	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Fresh Onions	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

☑ = Not Present ⛔ = Trace / <10mg

Dish Summary:

Protein: LoveJoes Fajita Chicken (Halal, 80% meat content)

Carb Base: Easy Cook Long Grain Rice

Veg Mix: Sweetcorn, Peppers, Onion

Seasoning: GF Vegetable Bouillon

No BBQ Sauce Used

Dietary Suitability:

Gluten-Free: ☑

Coeliac-Safe: ☑

Nut-Free: ☑

Vegetarian/Vegan: ✗ (contains chicken)

Vegan Fajita Strips — Allergen Matrix

Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACEAN	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME
Quorn Vegan	✗	✗	✗	✗	✗	✗	✗	✗	✗	⚠ *May conta*	✗	✗	✗	✗

Cous Cous	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Frozen Sliced	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Diced Onion	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Country Rang	✗	✗	✗	✗	✗	✗	✗	✗	✗	☑	✗	✗	✗	✗
☑ = Present ✗ = Not Present ⚠ = May Contain (trace risk from spice handling)														
Dietary Suitability														
Vegan: ✔														
Gluten-Free: ✔														
Allergens Present: Mustard in Fajita Seasoning														
Allergens May Contain: **Sulphites**, **Mustard** *(trace from spice blends)*														
Roast Turkey Dinner — Allergen Matrix														

Chicken Tikka — Allergen Matrix

Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACEAN	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME
Halal Diced Cl	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Diced Onions	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Darta Sliced P	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Country Ran	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Bombay Potat	✗	✗	✗	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗
Mini Garlic &	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present														

Dietary Suitability
Gluten - Present in Naan Bread
Halal: ✔ *(Diced Chicken confirmed halal)*
Vegan: ✗ *(Contains Halal Chicken Thigh)*
Allergens Present: Milk in Tikka Sauce,
Allergens May Contain: None

Vegan Roast Dinner														

Vegan Korma — Allergen Matrix

Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACEAN	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME
Quorn Vegar	✗	✗	✗	✗	✗	✗	✗	✗	✗	⚠ *May conta*	✗	✗	✗	✗
Diced Onions	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Triple Lion K	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Darta Sliced P	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Bombay Potat	✗	✗	✗	✗	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗
Mini Garlic &	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present ⚠ = May Contain														

Dietary Suitability													
Vegan: ✔													
Allergens Present: Gluten in Naan, Celery in Garam Masala													
Allergens May Contain: Mustard in Quorn Vegan Pieces													