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# Week 3 - Allergens Information (October 2026)

**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 Finger | ☑ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Country Range 7mm Fries | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Country Range Garden Peas | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

☑ = 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: ☑

**Vegan Fishfinger, Chips and Curry**, using:

**Moving Mountains Plant Bases Fish Fingers ( Bidfood 15821)**

**Kara MK4 Unseeded Burger Bun (F000045)**

**Country Range 7mm Fries (Code: 21398)**

**Middleton Curry Sauce Mix Bucket (Bidfood Code: 58850)**

**Allergen Matrix — Fish Burger, Chips and Curry**

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | MUSTARD | SESAME | FISH | CRUSTACE | MOLLUSCS | SULPHITES | NUTS | PEANUTS | LUPIN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Moving Mountains Plant Bases Fish Fingers ( Bidfoo** | ☑ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Kara MK4 Unseeded Burger Bun (F000045) | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ⛔ May Co | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Country Range Fries (18385) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Middleton Curry Sauce Mix (58850) | ☑ | ✗ | ✗ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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

## Confirmed Allergens:

**GLUTEN** → in the Plant Based Fish Finger coating and burger bun

**SOYA → declared in the Plant Based Fish Finger**

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

## ❌ Not Present:

Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin

## Dish Composition:

**Main**: Moving Mountains Plant Bases Fish Fingers ( Bidfood 15821) 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

**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 Alaskan Pollock Fillet | ☑ | ☑ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ |
| **Country Range Fries (18385)** | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ |
| Country Range Garden Peas | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ |

☑ = Present ❌ = Not Present ⛔ = Trace (below 10mg)

## Summary of Allergens Present:

**GLUTEN** → from breadcrumb coating on fish

**FISH** → Alaskan Pollock fillet

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 Fries (18385)

**Veg**: Country Range Garden Peas (Harlech 81491)

Vegetarian: ❌ Gluten-Free: ❌ Dairy-Free: ☑ Egg-Free: ☑

**Chips and Curry**, using:

**Country Range Fries (18385)**

**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 Range Fries (18385) | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ |
| Middleton Curry Sauce (58850) | ☑ | ❌ | ❌ | ❌ | ❌ | ☑ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ | ❌ |

☑ = Present ❌ = Not Present

## Confirmed Allergens:

## ❌ Not Present:

**Milk**, **Egg**, **Soya**, **Celery**, **Sesame**, **Fish**, **Crustaceans**, **Molluscs**, **Nuts**, **Peanuts**, **Lupin**

## Dish Composition:

Vegetarian: ☑ Vegan: ☑ (if prepared without dairy sides)

Dairy-Free: ☑

**Fish Burger, Chips and Curry**, using:

**Young's MSC Breaded Fishwich Fillet Squares**

**Kara MK4 Unseeded Burger Bun (F000045)**

**Country Range 7mm Fries (Code: 21398)**

**Middleton Curry Sauce Mix Bucket (Bidfood Code: 58850)**

### Allergen Matrix — Fish Burger, Chips and Curry

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | MUSTARD | SESAME | FISH | CRUSTACE | MOLLUSCS | SULPHITES | NUTS | PEANUTS | LUPIN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Young's MSC Breaded Fishwich Fillet Squares** | ☑ | ✗ | ✗ | ✗ | ✗ | ☑ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Kara MK4 Unseeded Burger Bun (F000045) | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ⛔ May Co | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Country Range Fries (18385) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Middleton Curry Sauce Mix (58850) | ☑ | ✗ | ✗ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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

### Confirmed Allergens:

**GLUTEN** → in the Young's MSC Breaded Fishwich Fillet Squares and burger bun

**MUSTARD→ declared in the Young's MSC Breaded Fishwich Fillet Squares**

**FISH - Declared in the Young's MSC Breaded Fishwich Fillet Squares**

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

### ✗ Not Present:

Soya, Crustaceans, Molluscs, Nuts, Peanuts, Lupin

### Dish Composition:

**Main**: Young's MSC Breaded Fishwich Fillet Squares 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

## Sweet & Sour Chicken with Rice — Allergen Matrix

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | SULPHITES | FISH | CRUSTACE | MOLLUSCS | MUSTARD | LUPIN | NUTS | PEANUTS | SESAME |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Seara Battered Chicken Chunks (81525) | ☑ *(Wheat* | ☑ | ✗ | ⚠ May Co | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Darta Sliced Peppers (HANNAH - F003041) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Fresh Sliced Onions | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Sweet & Sour Sauce (30205 Et Voila) | ☑ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| STERLING EASY COOK WHITE RICE -D006044 | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

☑ = Present ✗ = Not Present

### Dietary Suitability

**Gluten-Free**: ✗ *(Chicken contains wheat)*

**Halal:** ☑ **(Seara product confirmed Halal)**

**Vegan:** ✗ *(Contains chicken)*

**Allergens Present: Gluten, Sulphites, Milk**

## Sweet & Sour Vegetables with Rice — Allergen Matrix

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | SULPHITES | FISH | CRUSTACE | MOLLUSCS | MUSTARD | LUPIN | NUTS | PEANUTS | SESAME |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Diced Peppers | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Fresh Diced Onions | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Sugar Snap Peas | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Baby Corn | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Mange Tout | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Sweet & Sour Sauce (30205 Et Voila) | ☑ *(Wheat* | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| STERLING EASY COOK WHITE RICE -D006044 | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

☑ = Present ✗ = Not Present

### Dietary Suitability (Revised)

**Gluten-Free:** ✗ *(Sauce contains wheat and barley)*

**Vegan:** ☑

**Halal:** ☑ *(subject to sauce verification)*

**Allergens Present: Gluten (Wheat, Barley), Soya, Sulphites**

## ☑ Allergen Matrix — Vegan Meatball Pasta & Garlic Bread

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | SULPHITES | FISH | CRUSTACE | MOLLUSCS | MUSTARD | LUPIN | NUTS | PEANUTS | SESAME |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Quorn Swedish Meatballs | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Diced Onion | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Garlic Puree | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Frozen Diced Carrots (2873 Greens) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Tomato Paste (60107 Harlech) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Chopped Tomatoes (82200 Harlech) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Vegetable Bouillon (04192 Bidfood) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Cracked Black Pepper | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Penne Pasta (75630 Country Range) | ☑ *(Wheat* | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Garlic Bread Slices (37559 Country Range) | ☑ *(Wheat* | ⚠ *May co* | ✗ | ⚠ *May co* | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

☑ = Present ✗ = Not Present ⚠ = May Contain (trace risk)

## Mediterranean Chicken Strips with Ratatouille & Savoury Rice — Allergen Matrix

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | SULPHITES | FISH | CRUSTACE | MOLLUSCS | MUSTARD | LUPIN | NUTS | PEANUTS | SESAME |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mediterranean Chicken Strips | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| **Darta Ratatouille (Harlech 7421)** | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Country Range Sweetcorn (HARLECH 89714)** | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Vegetable Bouillon (04192 Bidfood) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Stirling Easy Cook White Rice | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| ☑ = 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** | | | | | | | | | | | | | | | |

## Roast Chicken Dinner — Allergen Matrix

| Component | GLUTEN | MILK | EGG | SOYA | CELERY | SULPHITES | FISH | CRUSTACE | MOLLUSCS | MUSTARD | LUPIN | NUTS | PEANUTS | SESAME | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Halal Chicken Breast 113g (Hogans) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Roast Potatoes (Harlech 81491) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Garden Peas (Harlech 47266) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| **Country Range Sweetcorn (HARLECH 89714)** | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Baby Carrots (Harlech 11146) | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| **Knorr Professional Gluten Free Meat Gravy Gra** | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| ☑ = 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 Meat & Potato Pie — Allergen Matrix

| Component | Gluten | Milk | Egg | Nuts | Soya | Celery | Mustard | Sulphites | Fish | Crustacear | Molluscs | Lupin | Sesame | Peanuts | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KaterVegVegan Mince (Harlech 18952) | ✗ | ✗ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Fresh Diced Onion | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| AVIKO SAUTE POTATOES | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| CELERY | ✗ | ✗ | ✗ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| CARROTS | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| NEW POTATOES | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Frozen Peas | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Tomato Purée | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Garlic Purée | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| **KTC Vegetable Oil (54661)** | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| GF SOY SAUCE | ✗ | ✗ | ✗ | ✗ | ☑ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| PAPRIKA | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Everyday Favourites GF Bouillon | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| Dried Oregano | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | |
| ☑ = Contains allergen | | | | | | | | | | | | | | | |
| ✗ = Does not contain | | | | | | | | | | | | | | | |